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Setting up the next 20 years

Tory's about-face on tolls hailed as just what Toronto needs

MAY WARREN/METRO WITH FILES FROM TORSTAR NEWS SERVICE

John Tory's plan for road tolls on the Gardiner and Don Valley Parkway is exactly the kind of fresh, forward-thinking vision Toronto needs, city-building experts say.

Tory outlined his pitch to the Toronto Board of Trade on Thursday as part of a larger strategy to bring in urgently needed revenue and pay for $33 billion worth of projects, such as transit extensions, over the next 20 years.

"This is a defining moment for the mayor and this is a defining moment for the city," said Matti Siemiatycki, a University of Toronto geography and planning professor.

It's a "bold step" that matches "general consensus in the region that we have to invest and we have to invest big," he added.

But the devil will be in the details, and, of course, not everyone's happy. Early opposition to the plan sprung largely from politicians and commuters in the suburbs.

Durham Region Chair Roger Anderson called the tolls "short-sighted."

"They're literally taxing the 905 to pay for Toronto's problems," he said.

Scarborough Coun. Jim Karygiannis said the tolls would create "the biggest gridlock there is" by encouraging people to drive through the city instead of using expressways.

Tory's plan is, at this point, short on specifics. He's basing his pitch around the idea that a toll of $2 on both roads would bring in a combined $200 million every year. The money would go into an infrastructure fund that, kept separate from the city's budget, would be used to fund transit and fix roads.

The mayor didn't specify if the toll would be a flat rate or based on distance. But, he did say it would be charged to people both leaving and entering the city.

It would be in place by 2019 at the "earliest," if council supports the idea, Tory said.

Cherise Burda, executive director of Ryerson University's City Building Institute, said similar tolls have worked well in cities such as Stockholm and London, reducing both pollution and congestion, but pricing will be key to the plan's success.

She advocates for "dynamic pricing," with different prices for different times of day.

"The tricky part is going to be getting the price right and making sure that it encourages people to drive at non-peak hours and forego trips that aren't necessary," she said.

Just the idea is somewhat of an unexpected step for Tory, who, when running unsuccessfully for mayor in 2003, called tolls "highway robbery."

Asked what had changed since then, Tory said: "I wasn't mayor, and I didn't have this responsibility."

Mayor John Tory told a crowd of local business leaders Thursday that the city has been "underinvesting in almost everything for decades." EDUARDO LIMA/METRO

$ NATIONAL IMPACT

Other major cities may follow Toronto's lead on tolls

As some sang the praises of tolls for Toronto's future, others were taking a wider view.

The plan could pave the way for other large urban centres in the country to follow suit, experts said.

While there are a number of toll roads and bridges throughout Canada — including in British Columbia, Nova Scotia and Quebec — fees on the DVP and Gardiner would be the first in the country on expressways that cut through a major city's downtown core.

"If Toronto successfully bites the bullet on this and shows leadership, I could certainly see Vancouver and Montreal saying, 'Well, we should look at this,'" said Eric Miller, the director of the University of Toronto's Transportation Research Institute.

THE CANADIAN PRESS

> **"This is a defining moment for the mayor and this is a defining moment for the city.**
>
> Matti Siemiatycki, University of Toronto

METRO DIGS DEEPER

Tolls on the Gardiner and DVP are just one plank of John Tory's approach to bringing in new revenue. Here's what else is in — and out.

TAX HOTELS & SHORT-TERM RENTALS

A hotel tax that would also apply to short-term rentals like Airbnb. He said this would bring in at least $20 million each year. But he didn't specify how much the tax would be.

END TAX REBATE FOR VACANT PROPERTY

The mayor wants to kill a tax rebate for vacant commercial and industrial property, which he said "subsidizes property owners" for empty spaces.

NO SUPPORT FOR PARKING LEVY

Tory won't support a parking levy, charging property owners for parking spots, or a vehicle registration tax.

WON'T PUT HYDRO ON AUCTION BLOCK

He shot down the "much discussed" idea of selling all or part of Toronto Hydro.

NO HUGE HIKE TO PROPERTY TAXES

And, he rejected "dramatically" increasing property taxes, saying doing so would "punish our residents and make home ownership even harder."

Glenn Clydesdale (left) and Louis Kelly TORSTAR NEWS SERVICE

HEALTH

Money for treatment, but no visa

Retired Toronto businessman Glenn Clydesdale raised $8,800 to pay for his Jamaican friend's prosthetic leg.

The fundraising was the easy part. The biggest hurdle faced by Louis Kelly is to convince Canadian immigration officials to let him into the country for the fitting at Toronto's Prosthetic Energy, which Clydesdale says has agreed to have the leg done at cost for $7,000.

It didn't take long for Clydesdale to meet his fundraising target on gofundme.com, but twice now, Kelly, 40, had his visa application rejected by the visa post in Kingston, Jamaica.

"When I undertook this project, I knew a lot of things had to fall in place, but frankly, I was more worried about the logistics and raising enough money than I was about getting the visa for Louis," said Clydesdale, who has known Kelly, a butler at his retirement complex in Samuel Prospect, for 16 years.

"To me, there is something wrong with this picture. If this guy was not deserving, I can assure you people wouldn't have kicked in over $8,000. Everybody has their hand out in Jamaica so people get desensitized to the sad stories. There are just too many of them."

In a rejection letter, immigration officials explained Kelly was denied because they were not convinced he had money for the trip and would leave Canada at the end of his stay.

TORSTAR NEWS SERVICE

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LETTERS OF NOTE

Vickery Bowles. TORSTAR NEWS SERVICE FILE

Fighting hate with words

Someone vandalized a window at the Mimico Centennial branch on Nov. 14, leaving behind a hateful message. Here's how Toronto's chief librarian responded.

I was recently notified that anti-Semitic graffiti was scrawled on a window of one of our branches.

The hate graffiti on the window was quickly removed by someone in the community before even staff could take action. Nevertheless the deed was done. Police were notified. Additional hate graffiti was found at other locations within the community.

Toronto Public Library champions values underpinning a democratic society including free, open and equitable access to a diversity of information and ideas, civic engagement, intellectual freedom and freedom of speech. However, support for free speech does not translate into tolerance for hate speech.

Public libraries have been a democratizing force in the modern world, supporting a civil society. In this 21st century world in which we live, we are seeing more and more challenges to our democratic values and principles in Canada and throughout the world.

Now, more than ever, it is important for all of us to stand up to defend those values, especially when challenges come knocking at our door.

I never really thought I would have to write a statement such as this because I never really anticipated such a challenge would come to the public library in this great city. I am standing up to say that defacing the public library with messages of hate will not be tolerated.

This isn't just about the public library, this is about the community, the city and country in which we live, work and raise our families. These kinds of messages threaten everything a civil society stands for, everything the public library stands for.

The library is a welcoming, inclusive public space that supports the social justice principles of equity and inclusion. I will — indeed all of us at Toronto Public Library — will stand up against hate speech whenever it comes knocking at our door. This city, this country, our democracy, are too valuable to do otherwise.

Vickery Bowles, City Librarian

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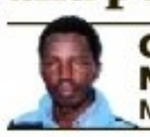
Midnight Madness a slam dunk

OPPORTUNITY

University gives kids room to grow as athletes and people



Gilbert Ngabo
Metro | Toronto

Kids from Jane and Finch, Albion, East Mall, Birchmount and Sparroways are part of UofT's Midnight Madness program, where they compete in basketball and build networks.
CONTRIBUTED

> I love this program because I get to eat and play basketball, which are my two favourite things.
> Keyshawn Tomlinson

Forget about the NCAA March Madness that's still months away.

Toronto basketball aficionados have got their own version going — and it's equally exciting, not to mention as important.

Midnight Madness, a partnership of the University of Toronto and Toronto Community Housing, gives kids from less affluent neighbourhoods a chance to hone their basketball skills while creating valuable bonds with their peers. The initiative started in 2013 in Scarborough but expanded this year with a move to UofT's main campus.

Every Friday evening in spring and winter, hundreds of kids ages 14 to 17 are bused to the university's Goldring Centre for High Performance gym to compete under the guidance of mentors.

"I love this program because I get to eat and play basketball, which are my two favourite things," said Grade 12 Winston Churchill student Keyshawn Tomlinson.

As a point guard of his team from Birchmount, he hopes the opportunity brings him closer to realizing his dream of making it into the NBA.

"If I wasn't here playing basketball every evening, I may end up involved in bad activities, I don't want that," he said.

The program serves another purpose too: Making participants more curious about the university and getting them to picture themselves in the same environment when they get older.

"It's a way of inspiring them," said John Campbell, basketball coach at the university and one of the people mentoring the kids.

Most of the mentors are university students from the Varsity Blues team, but some local basketball pros, like former Toronto Raptors player Jamaal Magloire, are also involved.

"Lots of kids say I want to do this or that.

"This is our way of showing them they have to put in work for their dreams to be realized," Campbell said.

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Man begins 504-km trek for victims of genocide

CAMPAIGN

Rwanda native hopes walk to Montreal gets feds' attention

Gilbert Ngabo
Metro | Toronto

A Toronto man is pushing the Canadian government to create a special trauma centre for people who lived through genocide and war.

Kizito Musabimana, 33, set out Thursday morning for a 504-kilometre walk from Toronto to Montreal in a bid to create awareness for people — like himself — who are suffering.

The Centennial College graduate was just 11 years old during the Rwandan genocide, in which dozens of his close family members were killed. When he found refuge in Canada in 2000, the help available wasn't enough to stop him from falling into a deep depression.

Kizito Musabimana has started a campaign asking the Canadian government to offer more help to immigrants suffering from PTSD. CONTRIBUTED

"I tried everything," said Musabimana, recalling countless trips to Toronto mental health facilities. "But no one really understood me and I felt hopeless. I just wanted to be away from people who reminded me of what I had gone through."

He eventually resorted to drugs and alcoholism and many times had suicidal thoughts. Once he realized anger and self-pity weren't the answer, Musabimana embarked on a healing journey turned public campaign called Home Again — both a reference to reconnecting with his native country and an attempt to rediscover his inner self.

Musabimana's experience is one shared by many, said Paul Caulford, a lead physician at the Canadian Centre for Refugee and Immigrant Healthcare in Scarborough.

Severe cases of trauma are frequent among newcomers and the city lacks appropriate resources to treat them.

"We don't even have enough psychiatrists and counselors to care for veterans from war missions," he said.

While it's hard for people in Musabimana's situation to open up, it's even harder for Canadian mental health specialists to properly treat such severe cases, Caulford said.

"If you push the wrong button at the wrong time, you could revive troubling memories and end up doing more harm than good," he said.

You can follow Musabimana's journey on Facebook.com/IAmHomeAgain

CORONER

Deaths of homeless men spur inquest

The circumstances surrounding the 2015 deaths of two homeless Toronto men — Brad Chapman and Grant Faulkner — will be examined jointly in a coroner's inquest.

One man died in a back alley near a hotel. The other perished when his makeshift hut caught fire. Family members and advocates for the homeless hope the inquest will help prevent similar deaths.

The Office of the Chief Coroner of Ontario is aiming to conduct the public inquest by the end of 2017.

Chapman was found unconscious outside a downtown hotel one morning in August. The 43-year-old father of three spent a week in Toronto General Hospital as a "John Doe" before being identified and removed from life support.

"This news is bittersweet for us," said Leigh Chapman, Brad Chapman's sister and a registered nurse who lobbied the coroner for an inquest.

Faulkner, 49, a father of three, died on Jan. 13, 2015, when fire tore through the makeshift hut in the McCowan Rd. and Sheppard Ave. area.

TORSTAR NEWS SERVICE

Leigh Chapman stands in the alley where her brother, Brad Chapman, was found suffering from a drug overdose. He died eight days later. TORSTAR NEWS SERVICE

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Sexual violence policy too vague

UNIVERSITY OF TORONTO

Advocate says victim blaming, slut shaming needs to stop

May Warren
Metro | Toronto

Ellie Ade Kur, a survivor of sexual violence, says UofT's policy leaves room for improvement. EDUARDO LIMA/METRO

The University of Toronto's sexual violence and harassment policy may have changed, but one sexual assault survivor and advocate said it doesn't go far enough.

The policy has some minor changes from a draft September version, but the "substance hasn't changed too much," said University of Toronto spokesperson Althea Blackburn-Evans, adding there's mostly been "subtle language changes."

In response to feedback from consultations on the draft this fall, the document does make a stronger distinction between disclosing sexual assault, telling someone about it, and actually making a formal complaint, said Blackburn-Evans.

It also sets up a centralized system for support, reporting and investigating complaints to reduce the need for survivors to repeat their story more than is necessary.

"Our focus from the start has been getting this right for our community," Blackburn-Evans said of the policy.

But Ellie Ade Kur, a PhD student in the school's geography program and a co-founder of the campus' Silence is Violence chapter, doesn't give it high marks.

For one, she said it's lacking specifics on how front-line workers who deal with sexual violence and harassment on campus will be held accountable.

"One of the things that people kept saying was that, 'when I went to go report being sexually assaulted I was hit with all of these different questions, like, what were you wearing, were you drinking?' different forms of victim blaming and slut-shaming," she said.

Ade Kur, who reported a sexual assault to the University of Toronto as an undergraduate, is also concerned the policy is "deliberately vague" and that it won't translate into things being done differently.

> **They're not doing enough, and they're not saying enough about what this is going to look like.**
> Ellie Ade Kur

"It's great to have a good progressive policy around sexual assault, but even universities in Canada that do have good policies around sexual assault still have all of the same problems," she said.

The University of Toronto's policy will go to its governing council in December for final sign off and will take effect January 2017.

Under new Ontario legislation, all universities and colleges must have stand-alone specific policies in place by that date.

Blackburn-Evans said the policy creates new sexual assault centres on campus and the school will work to make sure education and training of front line workers is a priority.

The policy will continue to be refined as needed.

"We've always had a lot of strong services and supports in place but we know that we can do better," she said.

NOTICE TO: MICHAEL WALLEN

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IN BRIEF

Court date pushed back for accused beer tosser

Another court date has been set for Ken Pagan, the man accused of tossing a beer can onto the field during a Blue Jays game.

Neither Ken Pagan, who has been charged with one count of mischief under $50, nor his lawyer arrived for the court appearance today. Jessica Zita, an articling student at Hicks Adams LLP, appeared on Pagan's behalf.

The court case follows a wave of public outrage online. TORSTAR NEWS SERVICE

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Everyday Political Citizens

Nominee works to empower the people, combat partisanship

Luke Simcoe
Metro | Toronto

Toronto's **Bianca Wylie** is one of Samara Canada's Everyday Political Citizen nominees for 2016. As head of the Open Data Institute, she helps ensure Torontonians have access to data about how their city works — or doesn't work. EDUARDO LIMA/METRO

For Bianca Wylie, a better city starts with better data.

As the head of Toronto's Open Data Institute and co-founder of Civic Tech Toronto, she works to ensure people have access to accurate information about what's happening in their city, whether it's the location of every water fountain or detailed databases about zoning laws.

"Data and data literacy is a piece of the civic-engagement puzzle that's missing," she says. "Decision-making can be really hard, but bringing data into that work can help move us away from a more partisan take on politics."

For her efforts, she's been nominated as one of Samara Canada's Everyday Political Citizens for 2016.

"It's really nice," she said of the recognition. "Bringing data into the mainstream makes me happy. It's something we should all have in our vocabulary. It's not a niche thing."

In addition to pushing the city to release more data sets, Wylie builds bridges between local government and the tech sector, helping the city use the data it has more effectively.

At a recent hackathon she organized, participants created an online tool to help people access employment and financial services through Ontario Works.

The event is an example of how Wylie is trying to change the narrative around government and technology.

"All three levels of government approach data and tech through the metric of efficiency," she said. "We need to change the message that technology is all about saving money and cutting jobs.

"I'm talking about using data and tech to deliver human services better."

ABOUT THIS SERIES

EVERY YEAR, Samara Canada's Everyday Political Citizen project honours Canadians making positive changes in their communities.

The winner of the 2016 contest will be announced Dec. 8.

Metro is profiling the seven nominees in the Greater Toronto Area.

TORONTO'S DEADLY STREETS

Senior killed

May Warren
Metro | Toronto

A 76-year-old man hit by a driver at Aragon and Sheppard avenues has become the city's 40th pedestrian or cyclist death this year.

The man was hit by a northbound driver on Nov. 14 while crossing Aragon. Toronto police announced his death Thursday.

The driver involved was in a dark pickup truck. Police said the vehicle stopped after the crash but then left the scene.

CRIME

Video released in fatal backyard shooting

Toronto police have released surveillance video into the city's 60th homicide investigation in which 17-year-old Caheem 'Clayshawn' Ramsuchit was shot and killed in a brazen daylight shooting in a backyard last Saturday.

TORSTAR NEWS SERVICE

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‘Normnaments’ all the rage this season

SOCIAL MEDIA

Twitter-savvy councillor puts his face on Christmas

People online called it “next level” and “ballsy.” One person quickly responded saying it was something she needed in her life. Others questioned why on earth it even existed.

Norm Kelly, Ward 40 councillor, Twitter sensation and Toronto’s supposed “6 dad,” is selling Christmas ornaments — “Normnaments”, if you will — that feature his face plastered on red, white and green balls, just in time for the holiday season.

“Bring me home for the holidays!” reads a tweet that was posted on Kelly’s social media account on Wednesday. “Christmas Normnaments available now.”

Kelly says proceeds he receives from the sale of the ornaments will be donated to various local charities.

“Last Christmas, I put out a fun tweet with my face on an ornament, and there was tremendous response,” Kelly said. “People are always bouncing ideas off me, and sometimes they stick.” TORSTAR NEWS SERVICE

Norm Kelly, Ward 40 councillor, Twitter sensation and Toronto’s supposed “6 dad”, is selling Christmas ornaments with his face plastered on them, just in time for the holidays. TORSTAR NEWS SERVICE

IN THE U.S.A.

South of the border, president-elect Donald Trump has also got into the Christmas ornament game. The “Trump Make America Great Website” — which says it is a joint fundraising committee authorized by and composed of Donald J. Trump for President, Inc. and the Republic National Committee — is selling a red cap ornament for a sizzling $149 US, and that doesn’t include tax and shipping.

LAWSUIT

Fashion Santa fight could go to court

Who is the one true Fashion Santa?

The self-appointed sages of Twitter say it’s Paul Mason, who played the stylish St. Nick at Yorkdale Shopping Centre the past two Christmas seasons.

The mall says Fashion Santa is anyone they hire for the part.

The case of the duelling Santas may soon be before a judge, as both sides battle for the legal rights to the character.

Mason, 53, set social media ablaze as shoppers’ selfies with him as Fashion Santa went viral in 2014 and 2015.

This week, Yorkdale launched its 2016 Fashion Santa campaign with a new model, Adam Martin, in his place.

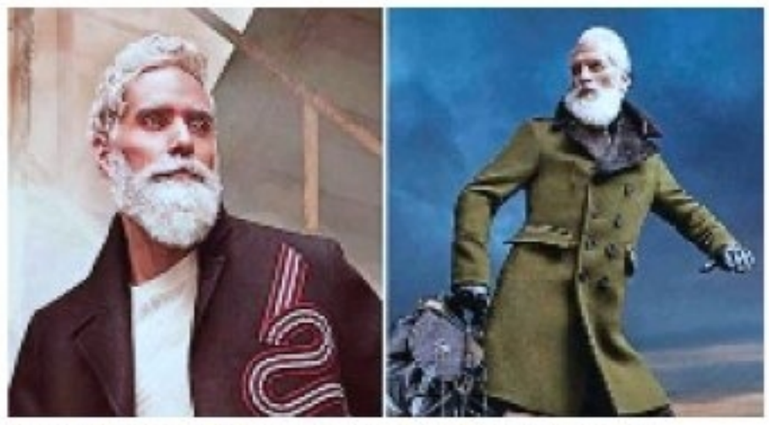
Mason has called foul.

“I’m standing by my brand and the rights of ownership and the intellectual property of a character I created, so I’m standing my ground,” Mason said. “There’s no way in hell I would have given up ownership.”

Yorkdale said it hired Martin after Mason ignored numerous attempts to contact him about reprising the role.

Mason disputed this claim, saying he chose not to return to Yorkdale because of “conditions” the mall placed on his continued employment.

TORSTAR NEWS SERVICE



Adam Martin, left, has replaced Paul Mason, right, as Yorkdale’s Fashion Santa. CONTRIBUTED

#METROARTSCHALLENGE

Go ahead, deface our paper

We asked you to look at the news in a new way

Art is all about finding meaning in unexpected places. Like the sports pages, for instance. We dared you to vandalize a copy of Metro. Dozens and dozens of you rose to the challenge. Here are just a few entries. We’ll post the rest at metronews.ca.

GENNA BUCK/METRO

OUR ARTISTS

1. Jing Hong E
2. Nikki K
3. Juneeja Varghese
4. Natasha Khaikin
5. Sara Imrie
6. Hue Huynh

YOUR NEXT CHALLENGE

Write an acrostic poem about our city. An acrostic poem works like this: Write a word, or a whole sentence, for each letter of a word (any word) you’ve spelled out vertically. It can rhyme or not. Here’s an example:

Terrific
Out-of-this-world
Remarkable
Ontario
North shore
Totally awesome
Ours

Email your poem to genna.buck@metronews.ca. Or tweet with the hashtag **#MetroArtsChallenge.**

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Ecstasy treating trauma

SCIENCE

Promising mental health results in first Canadian trial

David P. Ball
Metro | Vancouver

Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada. JENNIFER GAUTHIER/METRO

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they were never able talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

MONEY

Five women on short list for next bank note

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next new series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8 when the winner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to receive a bachelor's degree in electrical engineering and a master's degree in aeronautical engineering.

Also on the list is athlete Bobbie Rosenfeld, who won silver and gold at the 1928 Olympics and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

THE CANADIAN PRESS

IN BRIEF

Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad. Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process. THE CANADIAN PRESS

Netflix pushes back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public consultation on homegrown content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster. THE CANADIAN PRESS

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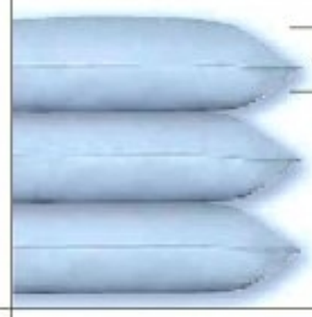

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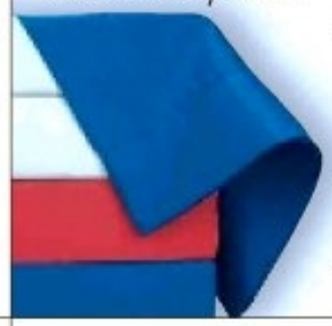

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Global digest

FRANCE

Masked gunman bursts into monks' residence, kills woman

The French gendarmerie says a masked gunman has burst into a retirement home for monks in southern France and killed an elderly woman with a knife.

The press service for the national military police couldn't immediately say whether the incident is linked to a terror act or not.

A press official said early Friday that more than 100 members of the security forces have been dispatched on the scene in the village of Montferrier-sur-Lez, near the southern town of Montpellier.

The body of the deceased woman was found gagged and tied up outside the building, the official said.

THE ASSOCIATED PRESS

COLOMBIA

Government, rebels sign revised peace agreement at last

Colombian President Juan Manuel Santos signed a revised peace agreement with the country's largest rebel movement on Thursday, making a second attempt within months to end a half century of hostilities.

Santos and Rodrigo Londono, leader of the Revolutionary Armed Forces of Colombia, signed the 310-page accord at Bogota's historic Colon Theater — nearly two months after the original deal was surprisingly rejected in a referendum. After signing with a pen crafted from the shell of an assault rifle bullet, they clasped hands to shouts of "Yes we could!"

THE ASSOCIATED PRESS

IRAQ

Daesh car bomb kills 56

A car bomb tore through a gas station south of Baghdad on Thursday, killing at least 56 people, including 20 Iranians, in an attack claimed by Daesh.

Police and hospital officials confirmed the toll and said another 45 people were wounded in the attack, which almost completely destroyed the gas station, several nearby stores and set several cars on fire. THE ASSOCIATED PRESS

TOKYO'S FIRST SNOW IN DECADES People cycle during snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with disruptions and slick streets. AFP/GETTY IMAGES

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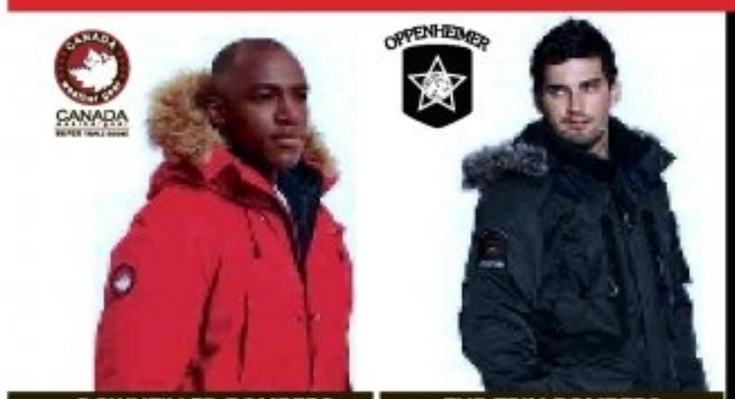

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Co-existing in post-truth

Many different people, from many different places can co-exist. What about people with different facts?

ROSEMARY WESTWOOD
From the U.S.

A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the imaginative smorgasbord of fake news that became its own character, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters.

A UN ambassador with zero foreign-policy experience. A housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those people stuck in the grimy mud of a fact-based world. I'm a journalist, that profession that forces you to reach for some kind of truth, at the most, and factual accuracy at the very least. I've never been more worried for the profession. How can reporters, writers, editors do their job if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the a White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

Those of us working in the mainstream media, and anyone hoping to effect change through, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered. Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

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Your essential daily news

Steampunk Edition

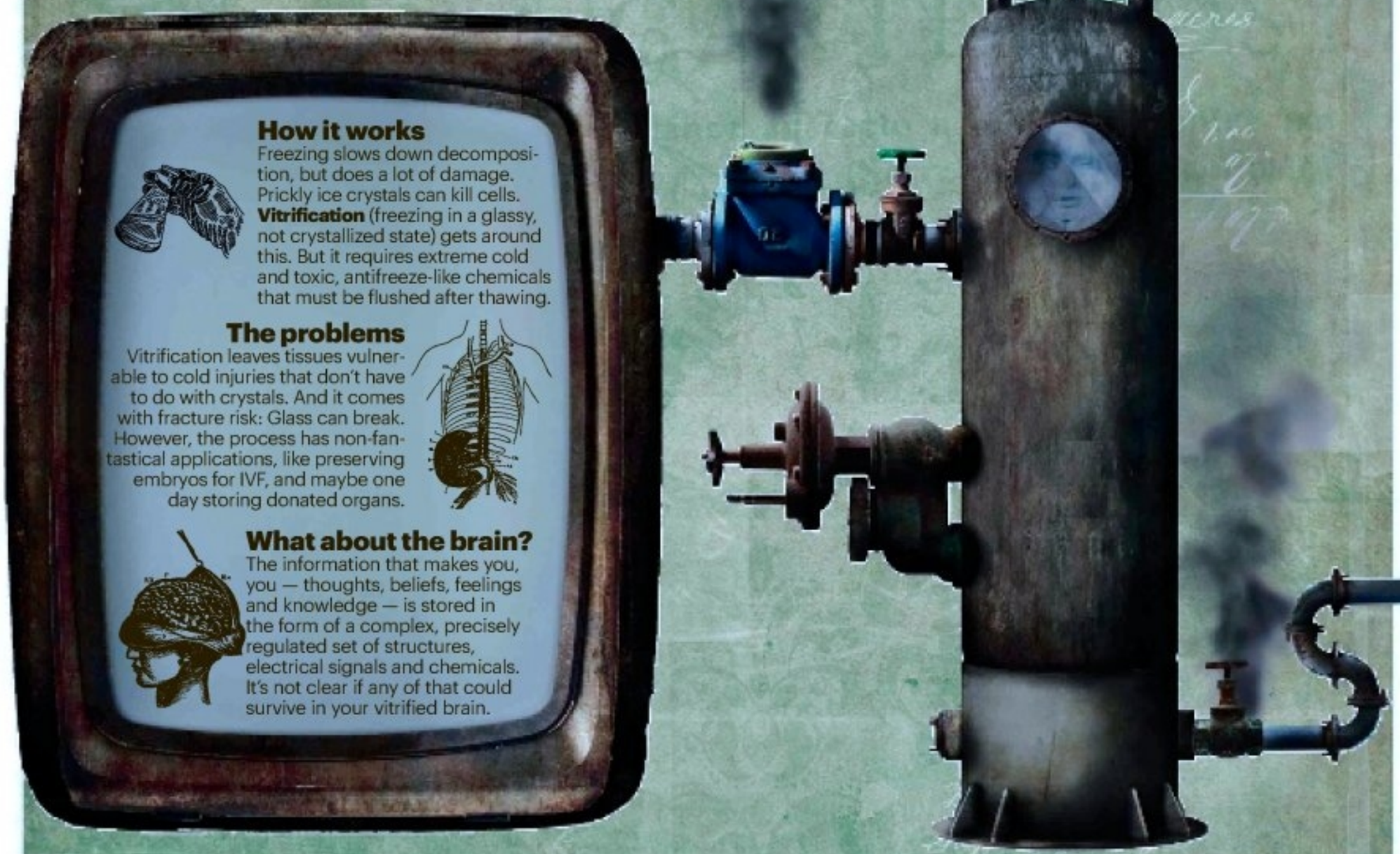
SCIENCE

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses

DECODED by Genna Buck and Andrés Plana

CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**



How it works

Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.

FINDINGS
Your week in science

DEADLY WEATHER
From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules miniscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

SOUND SMART

DEFINITION
Glass is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**: The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

USE IT IN A SENTENCE
Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

CITIZEN SCIENTIST by Genna Buck

A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a podcasts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question?
Tweet @genna_buck

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Decor trends nod to turn of the century

HOLIDAY DECORATING

Get inspired by children's books, natural elements

Tara Nolan

Whether you are decorating your first home or condo or you're looking for fresh ideas to incorporate what you have, here are some holiday decorating hints.

The latest trends

Trends we'll be seeing this year include what designer and lifestyle expert Janette Ewen refers to as "the enchanted forest." This look is inspired by classic children's books like The Chronicles of Narnia and The Secret Garden. "A nod to the late 1800s/early 1900s is reflected in the following elements: mixed metallic; holiday greenery — moss, wood and natural elements; pearls and crystals; muted natural tones with soft colours as accents; twinkle lights; and vintage, turn-of-the-century decor elements," she said.

LED lights is another trend identified by Ewen who makes note of the innovative AppLights that allow you to control the display from your phone.

Ewen's own tastes, when asked to pick a favourite, lean towards a couple of interesting, yet disparate styles. "I love two looks, both very different: A mid-century modern Palm Springs styled Christmas and a rustic, woodland holiday."

Rustic style

Natural accents are very popular right now, even in regular home decor. Outdoor elements can be brought indoors to adorn centrepieces, garland on a mantel or staircase, and even your Christmas tree. "I love bringing in antique touches ... so to elements that you may already have at home, like a candelabra, I will add tons of moss, wood and pine cones," said Ewen. "It's a rustic, outdoorsy, woodsy blend. I also love burlap bows and antique-looking ornaments."

Michaels offers a few styles of burlap ribbon and Rona Home & Garden has created some great rustic ornaments made from wood and burlap for tree trimming.

Among the latest trends in holiday decor is the enchanted forest look. MAGDA M

Modern style

Modern holiday palettes often reflect what's happening in the world of paint. SICO, for example, identified a few trendy colour combos, including "rich brown mixed with blue-green, burgundy or mustard, earthy green and ivory paired with terra-cotta, and mid-tone blue coupled with grey and highlighted with dark metallics." The paint brand recommends painting your mantel an unexpected hue and adding a pop of colour to a banister before the garland goes on.

Ewen adds that icy blue and silver with slightly geometric shapes always looks fresh and modern. "Avoid too much greenery in this look," she advised. "For example, with wreaths, keep it about the sparkle — it looks more contemporary."

Indigo has some lovely, glittery, modern ornaments, as well as winter-white decorations and kitchen accessories and candles in metallic tins.

Traditional style

Of course there is a certain timelessness to many a decoration, especially the ones you lovingly unwrap each year — see Ewen's first trend recommendation. "You can't go wrong with classic glass ornaments," she said. "Pile them up on a cake stand or in a rustic silver bowl for a classic, chic and timeless look."

Many retailers, such as Drake General Store, and makers, like those whose work can be found on Etsy.ca, have adeptly captured that "old is new again" feeling in ornaments and decorations.

Minimalist style

With more people living in small spaces and condos, being a minimalist may be more about practicality than style. Regardless, there are still ways to add a dash of festive flavour to your space without taking up too much your actual square footage (and later, storage space). "Embrace mid-century modern shapes and consider styling unexpected places like a bookshelf," recommended Ewen.

And check out big box and department stores for smaller versions of faux trees. Home Depot, for example, is offering what is called the Hayden Half Tree exclusively through its website. The back has been lopped off so that it fits perfectly in the corner of a room.

Layer your lighting for a festive hue

SETTING THE MOOD

Control the ambiance in your home over the holidays

Tara Nolan

The time period spanning the holidays is one that requires multiple levels of ambiance.

Lighting plays a starring role in how you set the mood. There's that cosy-up-by-the-fire-with-a-hot-chocolate feeling after coming in from the cold, an extra bright illumination necessary for important to-dos, like gift wrapping and card signing, and then there's that bright, festive, make-merry vibe that can be associated with perhaps an ugly sweater party or a family gift exchange.

Indigo's LED 10-light strand.

If you're looking to do more than merely untangle your current strings of Christmas tree lights, consider these tips to kick your lighting game up a notch.

"One of the most interesting trends I am seeing is an increase in detail of lighting in general," said Ulya Jensen, owner and principal designer of Ulya Jensen Interiors in Ottawa. "People are putting more personality into their lighting then ever before: We used to see very plain, non-descript lights, where now the lighting is becoming the focal point with a story."

Jensen says the popularity of vintage lights continue to be at the forefront of lighting trends, with that industrial, mid-century modern look also being prevalent. Steel and caged lights, as well as vintage dome lights in coloured metals and mixed media with reclaimed wood and iron are also all quite popular.

When it comes to a holiday party, you can work among several rooms to set several different moods. For example, in the kitchen, where many will inevitably congregate, you want it to be bright and festive and conducive to being able to see what you are doing as you mix drinks and put together your appetizer platters. In other rooms, you'll want more of a cosy warmth.

Jensen recommends overhead lights that you can dim, as required, coupled with tabletop LED candles and other decorative lighting pieces. "Try filling a hurricane vase with LED battery string lights," she recommended. "This creates a twinkly centrepiece." (Many of these miniature strings now come battery operated, eliminating the need for extension cords.) Candles on mirrored trays can also enhance existing lighting, according to Jensen, as the mirrors will reflect the light.

Some well-known lighting brands have come out with different bulb options for everyday use and the holidays are the perfect time to introduce those, as well.

The new Philips SceneSwitch LED light bulb, for example, allows you to adjust the light's settings — without needing a dimmer switch — depending on the task you're doing. You can choose from a soft white, daylight or warm glow. These are available at Home Hardware and Home Depot.

And GE Lighting has unveiled REVEAL light bulbs (available at Walmart and Lowe's), which are energy-saving LEDs designed to enhance colour and details, perfect for showing off your decorations.

Jensen has a few other tips for tweaking your lighting for the holidays. "As we are inside and want to be cosy, try switching up your lampshades for black or navy, or shades that have a gold or amber lining," she said.

Jensen also suggests supplementing the lighting you have with options in other key locations in a room. For example, if you have lots of overhead light, use floor lanterns with groupings of battery-operated candles in the lower portions of your space.

"Layered lighting is also key," said Jensen, who recommends supplementing existing lights with string lights, lanterns and even coloured glass shades to add a festive hue to a room.

String lights have come a long way in recent years. Edison lights with those visible filaments continue to be popular and there are also great themed lights, such as the silver bohemian lights (among other styles) offered by retailers like Indigo. You can add these across the mantle of a fireplace, around doorways or a banister, and of course, around the tree. These miniature lights can be all white or a rainbow of colour. There are lots of great pre-lit trees on the market that can also make a great statement in a room, such as the more modern, pre-lit birch trees available at HomeSense.

These light-up birch trees from HomeSense (in background) add a holiday feel to any room or foyer. HOMESENSE

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BLACK FRIDAY
DEALS WEEK
NOV 18 - 25

Twinkle, twinkle, holiday jewels

Gift inspiration to light up your favourite women

By Janine Falcon

The Free Spirit: Hand-crafted in Canada, the charming Biko Freya necklace is tassle-chic and comes in silver and gold. $125 AT INDIGO.CA

The Optimist: A certain playful Swiss watch brand has launched a jewelry collection that includes minimalist clean lines and playful pieces too. Swatch Bijoux Merry Pink Ring. $55 AT SWATCH.COM

The Artist: Canada's House of Cromwell focuses on affordable, costume jewelry handmade in small quantities. We love their brass stackable rings, and their Artemis Gem Ring of brass and pyrite. $45 AT THEHOUSEOFCROMWELL.COM

The Bestie: Say it all with the so-sweet Melanie Auld Modern Best Friend Necklace, a pair of pavé-dipped teardrops that together form one pretty heart. $135 AT MELANIEAULD.CA

The Sporty Classic: A streamlined, two-tone casual sports Tommy Hilfiger watch with a silver white dial looks great with a crisp white shirt and narrow jeans. $205 AT SEARS.CA

The Entertainer: Banana Republic Velvet Linear Drop Earrings that catch the party lights and a gift-basket of compliments? Check. $62 AT BANANAREPUBLIC.CA

Compliment-worthy pieces for your guys

BY JANINE FALCON

The Sentimentalist
Personalize a sleek, designed-in-Canada Medium timepiece with an array of options, and have the back engraved, too. (Also available women's.) The Intro in Blue/Saddle, $180 at mediumwatches.com.

The Hipster
Made with braided fine-gauge brass wire, the silver-plated Salus Metallic Accent Cuff in Argento is crafted in Canada. $84, braveleather.com.

The Dreamer
Canada's Rocking Vibe offers their unisex Rise necklace, a gunmetal ball chain and black tourmaline spear, as rise-above-the-struggle inspiration. $90 at rockingvibe.com.

The Minimalist
Can a statement piece be understated? Yes, says Miansai's matte black hand-made hook on its oxidized sterling silver chain. $109 at holtrenfrew.com.

The Sailor
Look to German company Paul Hewitt for time with nautical panache and unisex accessories — we love the ancuffs and phreps, too. Navy leather phrep and Sailor Line watch, $80 and $270, paulhewitt.com.

The Sharp Dresser
Beautiful cufflinks are a must, especially with a side of whimsey. Handmade sterling silver hockey skates, $298, studio1098.com.

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Super smartphones for the greatest presents

BEST OF THE SEASON

Mobile devices ideal for a loved one ... or even yourself

Marc Saltzman

Gifting a smartphone is like wrapping a dozen products in one — considering these digital Swiss Army Knives can handle everything from photography and music to games and fitness tracking to messaging and movies to web browsing and GPS navigation. Oh, and they make phone calls, too.

The good news there's no shortage of exceptional options.

Whoever you're shopping for (hey, even yourself), the following are a few noteworthy recommendations. Be sure to check if the phone is available through your preferred carrier.

Google Pixel XL
If you like a large "phablet" (half phone, half tablet), a clean user-interface and a smart personal assistant, then you might opt for the Pixel XL ($549 on 2-year term). Google's first smartphone is a 5.5-inch device with a cool-to-touch metal and glass chassis, Snapdragon processor, intelligent camera, and pure ("vanilla") Android device, with no third-party software added. Looking for something a little smaller? The 5-inch Google Pixel is identical to the Pixel XL, except for the screen size. Both phones work with Daydream ($99), Google's new virtual reality headset for high-quality, mobile VR.

iPhone 7 Plus
At only 7.3 millimetres thin and weighing 188 grams, the iPhone 7 Plus ($548.99 on 2-year term) offers one of the best cameras available. The splash-, water- and dust-resistant smartphone features a 12-megapixel wide-angle and telephoto camera (*f*/1.8 aperture for the wide-angle, f/2.8 aperture for the telephoto), 2x optical zoom, optical image stabilization, autofocus, quad-LED flash, high-dynamic range (HDR) and 4K video recording (delivering four times the resolution of HD). This 5.5-inch iOS device is also no slouch in the power department, plus it supports millions of quality downloads from the App Store and iTunes.

Moto Z Play
Delivering a lot of bang for buck, the Moto Z Play ($0 on 2-year term) is a super slender Android phone that lets you easily attach various "Moto Mods" on the back of the device. Accessories include: a JBL SoundBoost Speaker ($99); Incipio offGRID Power Pack battery ($89) adding 20 hours of power; Moto Insta-Share Projector ($399); Hasselblad True Zoom camera ($349); and colourful Style Shells ($29) to customize its look (including Red Ballistic, Black Leather, and Silver Oak).

Sony's Xperia X Performance
If it's an exceptional camera phone you're after (and great price), Sony Mobile's Xperia X Performance ($0 on 2-year term) packs a 23-megapixel main (rear) camera with predictive autofocus that tracks your subject, so you'll capture the moment with ultra-sharp quality. Similarly, SteadyShot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a Snapdragon 820 processor (also ideal for gaming), and a battery that can last a couple of days between charges.

LG G5
The LG G5 ($0 on 2-year term) is a modular smartphone that lets you slide out the bottom of its metal uni-body to insert a fresh battery, camera grip with specialized buttons, and other accessories, such as a DAC (digital-to-audio converter) for high-fidelity music. Simply press a small button on the side of the G5, and pull out the base to add something new. In the photography department, the 5.3-inch phone has two rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens to capture more of the world around you.

HTC 10
Ideal for music lovers, the all-metal HTC 10 ($99.99 on a 2-year term) is certified for 24-bit hi-res audio tracks, such as FLAC and WAV files (and support for Dolby Audio), enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compatible sound system. The 5.2-inch phone walks the listener through a customized Personal Audio Profile, so you can hear music the way you like to. For photo takers, HTC 10 is the world's first phone with optical image stabilization on both the front and back camera.

Asus ZenFone 3
A premium smartphone without the price tag, ASUS ZenFone 3 ($429.99 unlocked, full price) is a 5.5-inch Android device with Full HD resolution, 600 nits of brightness for easy outdoor viewing, and durable Gorilla Glass on its front and back. Along with expandable storage via microSD card, there's a dual SIM tray, so you can pop in a second SIM (phone number), perhaps having one for personal use and one for work, or if using a local SIM when traveling. A fingerprint sensor on its back adds an extra layer of security. The phone also packs an impressive 16-megapixel camera.

Make it personal with a custom gift

TAILOR-MADE

It's the thought that counts — so think about these gift ideas

Jaclyn Tersigni

The most impressive gifts show how well you know your recipient. Hit it out of the park with these nine ideas for customized, personalized, tailor-made presents.

Custom scents by Aromachology
Aromachology offers personalized fragrances tailored to your recipient's particular tastes. The company's website offers an online process, where you'll select the fragrance's base and top notes. If you're not well-acquainted with your recipient's perfume preferences, don't worry: there's a personality test to help guide you. *$90 to $160. Order by Dec. 12 to guarantee delivery by Dec 24. myaromachology.com*

Customized skins and cases by GelaSkins
Smartphones, laptops and iPads are transformed into one-of-a-kind works of art with GelaSkins' online customization tool. Upload high-resolution photography or artwork and have it applied to a skin (an adhesive-backed vinyl covering), or a hard, protective case (for phones only). *Prices vary by product; iPhone skins and cases start at $21, while laptop cases sell for about $41. Order by Dec. 12 to guarantee delivery by Dec. 24, or by Dec. 20 for expedited shipping within Canada. gelaskins.com*

The Incredible Intergalactic Journey Home customizable children's book, by Lost My Name
Make pint-sized adventurers in your life the heros of their own story, where they take an amazing journey through outer space and back to their front door. Using NASA's open-source photography of space and the latest mapping technologies, the book is personalized with a real satellite image of the child's house, along with instances of their name and address. *$38.99. Order by Dec. 17 for delivery by Dec. 24. lostmy.name*

The Glenlivet customized bottle labels
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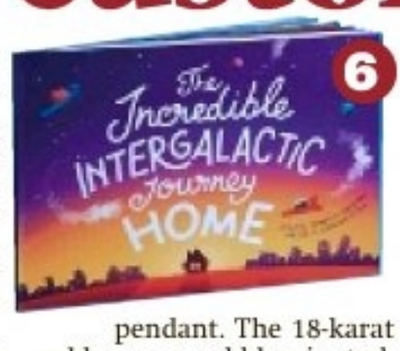
Remix customized sunglasses by Ray-Ban
Ray-Ban's Remix customization tool offers a jaw-dropping 50,000-plus possible combinations of lenses and frames for 19 different sunglasses styles, including the Aviator, the Wayfarer and the Clubmaster. Bonus: add an engraved message or name on one of the arms for no extra cost. *Prices vary by style; junior styles start at $100, while the shades in the Icon collection, including Aviators and Wayfarers, are $200 and up. Order by Dec. 16 for delivery by Dec. 24. ray-ban.com*

The Paloma Picasso Loving Heart Bar Pendant by Tiffany & Co.
If your goal is to spoil, consider this Tiffany & Co. pendant. The 18-karat gold or rose gold bar is studded with a round brilliant diamond and suspended from an 18-inch chain. Add engraving or monogramming of up to three letters for between $15 and $40. The necklace will be wrapped in Tiffany's signature, squeal-inducing blue box. *$1,150, plus engraving or monogramming. Order by Dec. 12 for delivery by Dec. 24. tiffany.ca*



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CONTRIBUTED

High tech in the kitchen

The latest appliances make healthy family meals easy to master

Family dinner can be a struggle. "Some nights it's a gong show!" says Donna Bishop, a busy Toronto entrepreneur and fashion-industry mentor. "It's a scramble to get everyone fed without severe hangry setting in," she says of her two kids and husband, Stephen, who travels frequently for business.

For families like the Bishops, advanced kitchen tech can be a big help. Philips makes it their mission to help families enjoy fast, delicious homemade meals more often. And they've developed appliances to make it possible.

Take the Philips Airfryer, for instance. Not only can this versatile little appliance make fried foods with less fat, it can also bake, roast and grill (even skewers). The secret is its Rapid Air Technology, which circulates hot air around a metal mesh cooking basket. Little or no oil is needed, and thanks to the patented "starfish" design on the bottom of the Airfryer, food is always cooked evenly.

But perhaps the Airfryer's most exciting trick is its ability to cook "cheeky" foods like fried chicken at home — with healthier results. Even food that has natural fat, like marbled meat, comes out less fatty when cooked in the Airfryer, as excess fat drains off during cooking.

Bishop says one of the things her family misses most in the winter is BBQ favourites like burgers, marinated flank steak, salmon and grilled fruit and veggies. The Philips Smokeless Indoor Grill lets her get that smoky barbecue flavour year-round — along with those mouthwatering grill marks.

Another family favourite, pasta, is easier with the Philips Pasta Maker. A bonus: fresh homemade pasta can be made healthier (and more colourful for kids) by adding spinach or carrot juice or egg. Pair it with a nutritious sauce and you've got a winner, says Abbey Sharp, a culinary registered dietitian and blogger. "With pasta, I often like to sneak in extra veggies (like I do with my butternut squash mac and cheese)." And, she suggests, "Try using a super flavourful strong cheese so you can cut back on it, and even swap out regular pasta for spaghetti squash."

Quicker, healthier meals are music to Bishop's ears. "Steve and I value good food and gathering around the table a great deal," she says. "It's a wonderful time together."

PHILIPS

Two recipes you can make in the Philips Airfryer in 30 minutes or less

Fried Meatballs in Tomato Sauce

Servings: 3 to 4 portions as a snack or part of a main course
Time: 10 minutes preparation + 8 minutes in the Airfryer

- *1 small onion*
- *300 g minced beef*
- *1 Tbsp chopped fresh parsley*
- *1/2 Tbsp chopped fresh thyme leaves*
- *1 egg*
- *3 Tbsp breadcrumbs*
- *Salt & pepper to taste*
- *200 mL of your favourite tomato sauce*

1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Airfryer to 390°F.
3. Fry in two batches. Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer for 7 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer.
5. Turn the temperature to 325°F and set the timer for 5 minutes to warm everything through.

Tip: For a great snack, serve the meatballs without the tomato sauce.

Chocolate Cake

Portions: 8 to 10
Time: 15 minutes preparation + 25 to 30 minutes in the Airfryer

Cake:
- *3 eggs*
- *125 mL sour cream*
- *150 g flour*
- *150 g caster sugar*
- *125 g unsalted butter*
- *40 g cocoa powder*
- *1 tsp baking powder*
- *1/2 tsp baking soda*
- *2 tsp vanilla extract*

Chocolate icing:
- *150 g chocolate*
- *50 g unsalted softened butter*
- *200 g icing sugar*
- *1 tsp vanilla extract*

1. Preheat the Airfryer to 325°F.
2. Place all the cake ingredients into a food processor and mix well. Transfer to an oven dish.
3. Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes. Once the time is up and the timer rings, prick the cake with a wooden skewer or fork. If it comes out clean, the cake is cooked through. If it's still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
4. Remove the dish from the basket and leave the cake to cool on a wire rack.
5. Meanwhile, melt the chocolate in a bain-marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
6. Remove the cooled cake from the oven dish and place it onto a plate. Cover with the chocolate icing and serve.

Tip: You can replace the baking soda with more baking powder if necessary.

Black Friday happens to coincide with the model year changeover for many automakers, meaning deep discounts to get the 2016s off the lots. JON NICHOLLS

Stick a bow on it and hit the road

NEW INVENTORY

It might not be a common gift, but watch for Black Friday car deals

Stephanie Wallcraft

Why do automakers put on Black Friday sales, anyway? Do they really expect you to buy someone a car as a gift for the holidays? No, probably not.

But this time of year happens to coincide with model year changeover time for quite a few automakers, which makes it a happy convenience that Black Friday gives them an excuse to apply deep discounts and get the 2016s off the lots to make room for shiny new inventory. And sometimes, if you dig deeper, you might find deals on 2017 models as well. If that means a few people happen to spread some holiday cheer by picking up a set of wheels and a gigantic bow, so much the better.

Here are some of this year's best Black Friday deals being offered across Canada on certain makes and models. These descriptions are overviews; visit the websites of automakers to review the specifics and fine print.

FIAT CHRYSLER AUTOMOBILES

For FCA and its sub-brands, Chrysler, Dodge, Jeep, Ram, and Fiat, Black Friday is one of the biggest retail events of the year. Smaller sales have been ongoing all month, but the biggest incentives started on Nov. 21st and run until Nov. 26: over $1.5 million in additional discounts have been added to a maximum of $25,000 each, plus every customer gets an extra $500 cash discount and 0 per cent financing is available on select models. One lucky customer will even win a new vehicle worth up to $40,000.

Entering is a two-stage process: first visit blackfridaygiveaway.ca to get a PIN code, then take that code to a dealership before Nov. 26 to spin a wheel to earn your additional discounts.

GENERAL MOTORS

Three of GM's marques — Chevrolet, GMC, and Buick — have had a Black Friday sale going for most of the month offering 20 per cent off the manufacturer's suggested retail price. This equates to cash credits ranging from up to $3,059 on a 2016 Chevrolet Spark LT sub-compact hatchback with air conditioning and an automatic transmission (based on an MSRP of $15,295), all the way to as much as $16,647 on a 2016 GMC Sierra Denali HD pick-up (based on an MSRP of $83,235). These sales run until Nov. 30.

NISSAN

Nissan's Black Friday sale runs until Nov. 30. While its offers vary slightly across the country, there are a few highlights you can count on finding at your local dealership:

- A purchase of a 2016 Micra SR sub-compact hatchback with an automatic transmission can receive up to a $3,055 discount from an MSRP starting at $15,988.
- Buying a 2016 Murano Platinum mid-size SUV can get you up to a $3,355 discount from an MSRP starting at $44,248.
- A 2016 Pathfinder SL three-row SUV purchase can net up to a $7,355 discount from an MSRP starting at $41,398.
- Grab yourself a Titan XD Platinum Diesel pickup and you can receive up to a $15,000 discount from an MSRP starting at $74,900. If there's a model you're eyeing that's not listed here, there's a good chance it's on sale as well. Check with your local dealer for specifics and exact pricing.

VOLVO

Volvo is taking a slightly different approach: its event is not so much a Black Friday sale as a goodwill holiday event, something it's calling the Thoughtful Test Drive campaign.

For every test drive taken now until Dec. 31, Volvo will make a donation to your local United Way or Centraide charity with a goal of donating a total of $100,000. In addition, those who complete a test drive can save up to $4,000 on select 2017 Volvo models and earn up to 100,000 Aeroplan miles on their final purchase.

FORD

Ford of Canada's Black Friday "Easy to get into a Ford" offers run until Nov. 28. (These dates are slightly different in Quebec; so check with your local Ford dealer for details.)

Shoppers can save up to $3,500 on a 2016 Focus compact sedan or hatchback or Fusion mid-size sedan, or on the 2017 Escape compact SUV, and up to $8,000 on most 2016 F-Series pickup trucks.

2016 Nissan Sentra. NISSAN

2016 Focus RS 13. FORD

HYUNDAI

For its Black Friday event running until Nov. 28, Hyundai is offering a $750 discount on all models of its redesigned 2017 Elantra compact sedan on top of any existing discounts.

The Elantra LE, for example, with its six-speed automatic transmission, air conditioning, and Bluetooth, will be available for $49 per week on a 36-month lease with zero down payment, 0 per cent financing, and with the additional $750 off.

Black Friday, Cyber Monday are the new Boxing Day

PEAK INTEREST

E-tailers experience big surge of consumers

Camilla Cornell

Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Canadians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Money, but very few other Canadian online retailers did anything," she said. "But this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

> **We see a massive uptick of customers around this time**
> Erin Young of Well.ca

That's a common trend, according to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than $350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."

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BLACK FRIDAY

Samsung GALAXY Tab3

7.0" TOUCHSCREEN

SMT113NDW • Bluetooth • Wi-Fi • Dual-Core 1.2GHz Processor • Camera 2.0 MP

WAS $149

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SONOS Wireless Speaker

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PLAY:1 • Humidity resistant • Sonos App • Streams music

SAVE $50

199.99 ea

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5.1 Ch. Network Receiver

SAVE $190

WAS $469

TXSR353 • 140 W per Ch. • HDCP 2.2 / HDR for 4K Ultra Hi-Def.

BLACK FRIDAY SALE PRICE! **279.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

5.1 Ch. MusicCast Network Receiver

WAS $549

SAVE $150

RXV481 • MusicCast • 115 Watts • 4K Ultra HD pass-through • WiFi

BLACK FRIDAY SALE PRICE! **399.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

7.2 Ch. Dolby Atmos DTS: X/Zone 2

WAS $899

SAVE $300

TXNR656 • 170W/Ch. • DTS:X • 4K Pass-thru • Powered Zone 2

BLACK FRIDAY SALE PRICE! **599.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

7.2 Ch. Dolby Atmos DTSX / MusicCast

SAVE $600

WAS $1499

Zone 2 Audio Processing

RXV1081 • 110W/ Channel • 4K/60P in via HDMI • DTS:X • WiFi

BLACK FRIDAY SALE PRICE! **899.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

BOSE CineMate 15 Home theater speaker system

SAVE $200

WAS $599

CINEMATE15 • Deep Bass with Acoustimass Module • Universal Remote

BLACK FRIDAY SALE PRICE! **399.99**

Paradigm Home Theatre System

Includes 5 satellite speakers & sub

SAVE $400

WAS $1099

CINE100CT • Speakers: 2-driver, 2-way acoustic suspension • 15-100 W • Subwoofer: 8-inch • 300W Dynamic Peak Power • 100 Watts RMS Sustained

BLACK FRIDAY SALE PRICE! **699.99**

5.1 Ch. Powerful Surround System

SAVE $200

WAS $599

YHT1810 • 100W x 5 ch (spkrs) & 100W sub • HDMI (4 in / 1 out) 4K Ultra HD pass-thru

BLACK FRIDAY SALE PRICE! **399.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

Dolby Atmos Network Home Theatre System

Bluetooth Receiver, 5 Speakers, and Sub

SAVE $500

WAS $1499

HTS7800 • 1190W • Front USB • Wi-Fi • HDMI x 8, 2 out • MHL • 4K Upscaling • 4K Passthrough • Zone 2

BLACK FRIDAY SALE PRICE! **999.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

YAMAHA 100W 8 Inch Subwoofer

SAVE $100

WAS $199

YSTSW012

BLACK FRIDAY SALE PRICE! **99.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

YAMAHA Sound Bar

SAVE $100

WAS $349

Bluetooth

YAS105B • 30W+ 30W • Dual built-in subwoofers

BLACK FRIDAY SALE PRICE! **249.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

Panasonic Bluetooth Micro Audio CD System

#1 Best Seller

WAS $169

SCPM250S • 20W • USB

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Bluetooth

EMJA009MI • 8 hr playtime • Integrated mic • Designed to float • Auxiliary input

WAS $119

BLACK FRIDAY SALE PRICE! **89.99**

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BOSE In-Ear, Noise Canceling Headphones

SAVE $80

WAS $329

QC20 • Advanced noise reduction • Recharg. battery

BLACK FRIDAY SALE PRICE! **249.99**

KEF Bookshelf Speakers

SAVE $312

WAS $659

Q100B • Power 10-100W

BLACK FRIDAY SALE PRICE! **347.99** /pair

GUARANTEED LOWEST BLACK FRIDAY PRICE!

YAMAHA Sound Bar with Wireless Sub

Bluetooth

WAS $499

SAVE $100

YAS203 • AIR SURROUND XTREME • Advanced YST II • Clear Voice

BLACK FRIDAY SALE PRICE! **399.00**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

Mini Stereo System Bluetooth Pioneer

CAN LAY HORIZONTALLY

WAS $279

XCM56B • CD/FM/AM/ USB/Audio In • 15W/c2

BLACK FRIDAY SALE PRICE! **197.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

MARLEY Get Together - Portable Audio System

SAVE $70

Bluetooth

WAS $249

EMJA006M1 • Recharg. battery • 3.5mm input • REWIND wrap

BLACK FRIDAY SALE PRICE! **169.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

In-Dash DVD Receiver Bluetooth

Pioneer

6.2" TOUCHSCREEN

SAVE $172

WAS $369

AVH291BT • 50W x 4 • USB Input

BLACK FRIDAY SALE PRICE! **197.99**

GUARANTEED LOWEST BLACK FRIDAY PRICE!

DENON

DP29F • 33 1/3, 45 rpm • Belt drive system • Built-in PHONO equalizer

WAS $199

SAVE $50

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Panasonic Bluetooth dlna

WAS $499

SCPMX9S*** • 2 channel • 120 Watts • Plays FLAC

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BOSE Bluetooth SoundLink Mini Speaker II

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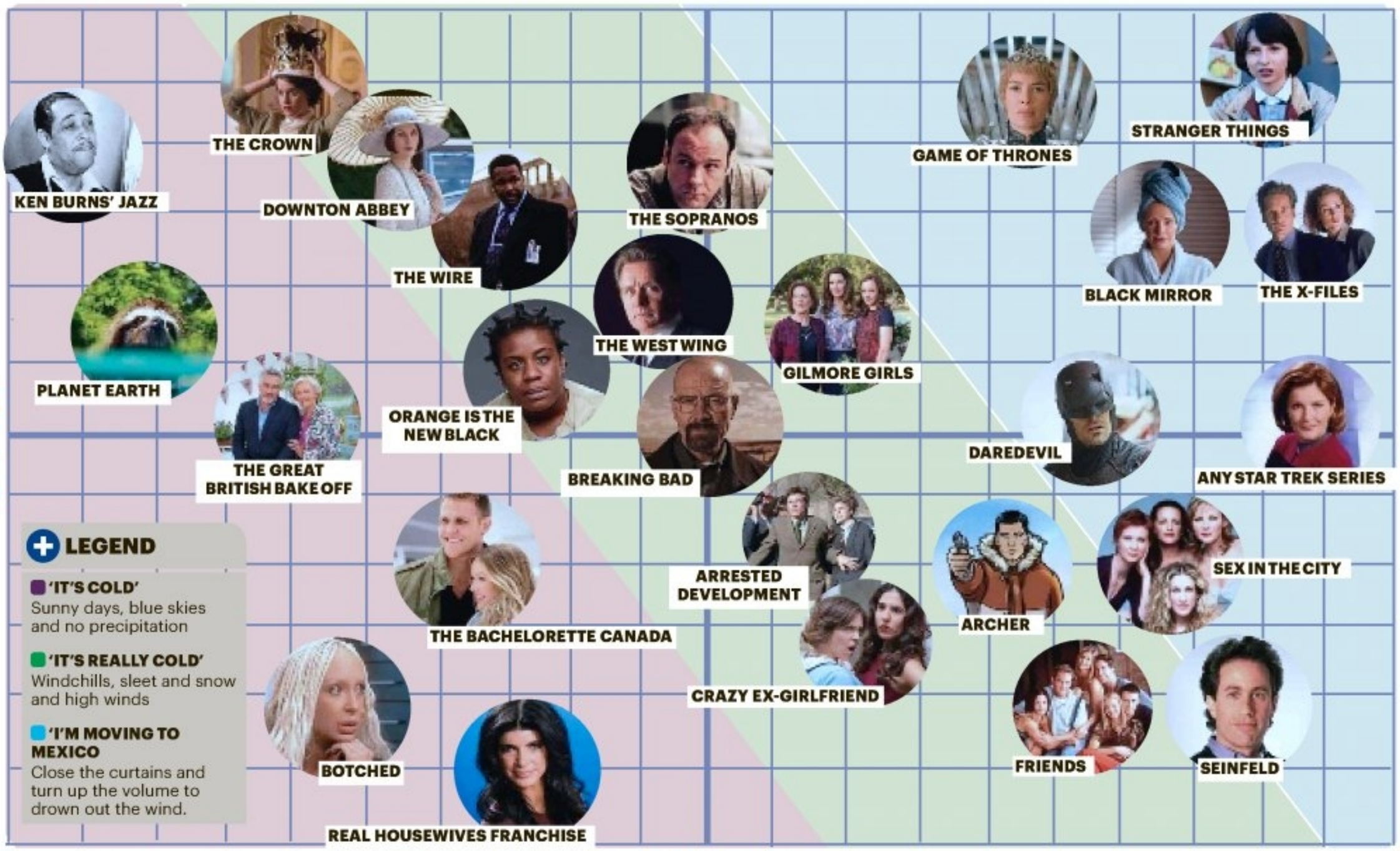
CHARTED LET THE BINGING BEGIN

The nights are longer and the weekends are colder — this is the start of **binge-watching season**. Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** METRO CANADA



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PRICES IN EFFECT FROM NOVEMBER 21ST – 26TH

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,895‡

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 32 YEARS

PURCHASE FOR ONLY **$20,999** INCLUDES $8,000 IN TOTAL DISCOUNTS*

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STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE

AND GET $12,850 IN TOTAL DISCOUNTS◊

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Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140‡

Starting From Price for 2016 Jeep Cherokee North shown: $32,290‡

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• 5.7 HEMI® VVT V8 engine with FuelSaver MDS • ParkView® Rear Back-up Camera with view-at-speed capability • Park-Sense® Rear Park Assist System • Body-colour front fascia, rear bumper and grille • 20-inch polished aluminum with Silver painted pockets • Remote start system • Sport Performance Hood • Uconnect® 8.4A multimedia centre with 8.4-inch touchscreen (NAV-ready)

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135‡

$1,500,000 BLACK FRIDAY SALES EVENT

NOVEMBER 21ST – 26TH

GET YOUR PIN FOR A CHANCE TO WIN UP TO $25,000 IN ADDITIONAL DISCOUNTS.❖

OVER 1,800 PRIZES AVAILABLE TO BE WON.❖

BLACKFRIDAYGIVEAWAY.CA

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep RAM

chryslercanada.ca/offers

Wise customers read the fine print: †, ◊, •, ‡, ~, Δ, €, ††, ❖, ×, § The Black Friday Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between November 21 - 26, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for 84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 84 months equals 182 bi-weekly payments of $165, a total obligation of $30,000 and $0 cost of financing. ◊$12,850 in Total Discounts available on the 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $11,500 Consumer Cash Discount, $1,350 Bonus Cash. $6,700 in Total Discounts available on the 2016 Dodge Journey SXT Ultimate Family Package model based on the following: $5,000 Consumer Cash, $1,700 Bonus Cash. See your retailer for complete details. •Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016/2017 FCA models at participating retailers, November 21 – 26, 2016 and is deducted from the negotiated prices after taxes. *Consumer Cash is deducted from the negotiated price before taxes. ~1.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee North FWD (24J) with a Purchase Price of $31,777 with a $0 down payment, financed at 1.99% for 96 months equals 208 bi-weekly payments of $165 with a cost of borrowing of $2,608.67 and a total obligation of $34,385.67. ΔDiscounts apply to models which have been in stock the longest. 20% off MSRP discount available to retail customers on the purchase of select in-stock 2016 Jeep Cherokee models at all participating retailers from November 1 to 30, 2016. Discounts are calculated based on MSRP plus options, freight, A/C and tire charge and will be deducted from the negotiated price before taxes. 20% off MSRP discount cannot be combined with any subvented interest rate (including subvented non-prime rates) or any other bonus cash or consumer cash offer. Retailer may sell for less. See retailer for complete details. €$12,000 in Total Discounts is available on new 2017 Ram 1500 models (excluding Reg Cab) and consists of $8,500 in Consumer Cash, $500 Lease Bonus Cash, $1,500 Bonus Cash and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. ††0% lease financing for up to 36 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Crew Cab Sport 4x4 (26L) with a Purchase Price of $41,614 leased at 0% for 36 months with a $500 security deposit, $1,999 down payment and first month's payment due at lease inception equals 36 monthly payments of $385 with a cost of borrowing of $0 (including $60.25 PPSA registration) and a total obligation of $15,932.95. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. 2017 Ram 1500 Crew Cab Sport 4x4 (26L) models may require order and be subject to a delay. If the lease residual value changes during this period, the lease terms such as down payment and/or monthly payments could also change. See your retailer for complete details. ❖No purchase necessary. Closes Nov 26/16 (11:59:59 p.m. ET). Open to Canadian residents who are age of majority. Full rules including complete details, prize descriptions and entry requirements (including required PIN registration) at blackfridaygiveaway.ca. 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The vehicle must have been owned/leased by the eligible customer and registered in their name on or before November 1, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. ‡Based on 2014 WardsAuto Middle Cross Utility segmentation. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

SiriusXM DODGE CARAVAN KIDS PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

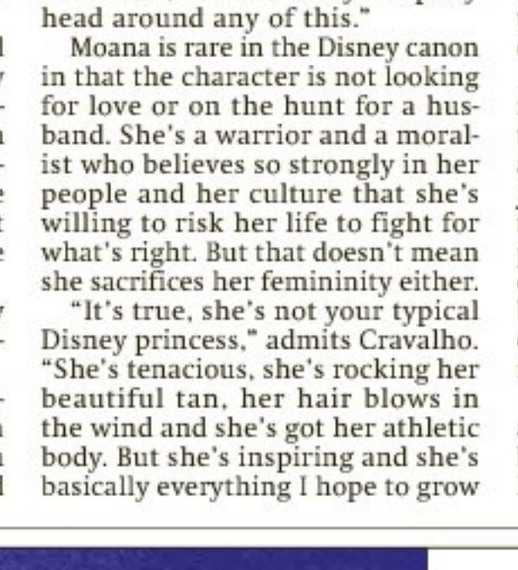
Actress Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, Cravalho has become a bit of a rock star. ANDREW FRANCIS WALLACE/TORSTAR;GETTY

Hawaiian-born teen catches wave of Moana mania

INTERVIEW

Like her Disney self, newcomer Auli'i Cravalho sets few limits

Chris Alexander
For Metro Canada



She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. Auli'i Cravalho, on what she likes about Moana

With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'I Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head around any of this."

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets.

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science.

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"

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Casey Affleck, above with Kyle Chandler, is at the core of Manchester By The Sea. CLAIRE FOLGER/ROADSIDE ATTRACTIONS/AP

Affleck had no time for chit-chat in moody role

INTERVIEW

Tour de force in Manchester by the Sea affirms actor's talents

Richard Crouse
For Metro Canada

As a man thrown into the depths of despair in Manchester by the Sea, Casey Affleck had to mine some deep emotional territory. He describes the process of playing a person who confronts his tragic past to working out at the gym.

"This is a bad analogy," he laughs. "You warm up into it before you do your heavy lifting."

Affleck is the core of the film. He's in virtually every frame and while understated, he bristles with feeling. It is a tremendous performance that never falls into morbidity as he skilfully keeps the character alive, both physically and metaphysically.

Every day is a struggle for him and he deals with his trauma the only way he knows how, with blistering honesty and by drinking and fighting to feel something. There is emotional truth in every mumbled line, and letting that go at the end of the day was difficult.

"That is the experience I think most actors would describe having," he says. "I don't think it's unique or particularly committed or brave of me. It's what you have to do.

"You have to go there, show up on set and be prepared to play the scene with the right feelings, the way it is supposed to be. I'm just not good enough to show up in a great mood, say good morning to everybody, check in with the kids and read the paper and then walk into the scene and be believably gutted in the way he is supposed to be.

"He carries around all this guilt, he's devastated and filled with self loathing so I have to start way back in preproduction and try to slip into these bad feelings and stay there for as long as I can.

"If you just showed up and tried to walk through it or do anything but give 100 percent, you'd really look like a jackass. I didn't want to do that no matter what.

"It was a hard movie to make but that is what I like about making movies. If you are just showing up and chit-chatting and having fun, that is not what is satisfying about making movies. It feels really good to be somebody else and live in some character's life, even if their life is tragic. Then you come out of it."

> **It was a hard movie to make but that is what I like about making movies. If you are just showing up and chit-chatting...that is not what is satisfying.** Casey Affleck

Manchester by the Sea isn't just an exercise in Sturm und Drang. It deals with very real, very difficult human situations but does so with honesty and a great deal of unexpected humour and wisdom so not every day on set was filled with angst.

"Some of the what you think would be harder scenes to do, we just started and finished. Did them really quickly," Affleck says.

Others, like those with Michelle Williams who plays his separated wife in the film, he says took longer.

"I would say the longest scene was when I come home to find her in the bedroom. It was one of the lightest, most pleasant scenes to do. Take my clothes off and straddle Michelle (Williams). 'One more please! Can we try something different here?' That scene took a long time."

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Carlton Cinema Theatre
20 Carlton St., 416-494-9371

Arrival Fri-Thu 1:25-1:35-3:55-4:10-6:40-6:50-9:15-9:25 **Bad Santa 2** Fri-Thu 1:30-3:50-6:45-9 **Bleed for This** Fri-Thu 3:55-9:20 **Coming Home** Fri-Thu 7 **The Edge of Seventeen** Fri-Thu 1:45-4:15-6:45-9:25 **The Girl on the Train** Fri 1:20-6:35 Sat 1:20 Sun-Tue 1:20-6:35 Wed-Thu 1:20 **The Handmaiden** Fri-Tue 9 Thu 9 **Little Terrors Horror Shorts** Wed 9 **Moana** Fri-Thu 1:15-1:50-3:45-4:20-6:30-9:05 **The Room Sat 11 Rules Don't Apply** Fri-Thu 1:15-4-6:40-9:20 **Trolls F**ri-Sun 1:40-4-6:50 Mon 4-6:50 Tue-Wed 1:40-4-6:50 Thu 1:40-4 **Wait Till Helen Comes** Fri-Thu 9:15

Scotiabank Theatre
259 Richmond 416-368-5600

The Accountant Fri-Tue 1-4:10-7:15-10:20 Wed 3:15-7:05-10:20 Thu 1-4:10-7:15-10:20 **Allied** Fri-Thu 1:20-4:20-7:20-10:20 **Bad Santa 2** Fri 12:30-2:15-2:55-4:40-5:20-7:05-7:45-9:30-10:10 Sat 11:50-12:30-2:15-2:55-4:40-5:20-7:05-7:45-9:30-10:10 Sun 12:30-2:15-2:55-4:40-5:20-7:05-7:45-9:30-10:10 Mon-Tue 2:15-2:55-4:40-5:20-7:05-7:45-9:30-10:10 Wed 12:55-2:35-5-5:50-7:25-8:15-9:50-10:35 Thu 2:15-2:55-4:40-5:20-7:05-7:45-9:30-10:10 **Bleed for This** Fri-Thu 1:30-4:20-7:30-10:20 **Doctor Strange** Fri 1:30-4:20-7:10-10 Sat 4:50-7:40-10:30 Sun-Tue 1:30-4:20-7:10-10 Wed 1:30-4:20-6:40-10 Thu 1:30-4:20-7:10-10; 3D Fri 12:40-2-3:30-4:50-6:20-7:40-9:10-10:30 Sat 12:40-2-3:30-4:20-6:20-7:10-9:10-10 Sun 12:40-2-3:30-4:50-6:20-7:40-9:10-10:30 Mon-Tue 1-2-3:50-4:50-6:40-7:40-9:30-10:30 Wed 1-2-3:50-4:50-7:40-9:30-10:30 Thu 1-2-3:50-4:50-6:40-7:40-9:30-10:30 **Doctor Who: The Power of the Daleks** Wed 7 **Fantastic Beasts** Fri 2:25-3:25-5:30-6:30-8:35-9:35 Sat 12:20-2:25-3:25-5:30-6:30-8:35-9:35 Sun-Thu 2:25-3:25-5:30-6:30-8:35-9:35; 3D Fri 2:55-6-9:05 Sat 11:50-2:55-6-9:05 Sun-Thu 2:55-6-9:05 Fri-Thu 1:20-4:25-7:30-10:35; IMAX Fri-Thu 12:50-3:55-7-10:05 **Hacksaw Ridge** Fri-Sun 12:45-3:50-6:50-9:50 Mon-Thu 12:50-3:55-6:55-9:55 **Don Giovanni** Sat 12

Market Square
80 Front St., 416-494-9371

Allied Fri-Thu 1:05-4:05-7:05-9:50 **Arrival** Fri-Thu 1:20-4-6:45-9:20 **Doctor Strange** Fri-Thu 1:25-3:55-6:35-9:15 **Fantastic Beasts** Fri-Thu 1:10-4:10-7:10-9:55 **Moana** Fri-Thu 1-3:40-6:40-9:30 **Trolls** Fri-Sat 1:15-3:30-6:30-9:05 Sun-Mon 3:30-9:05 Tue 1:15-3:30-6:30-9:05 Wed 3:30-9:05 Thu 1:15-3:30-6:30-9:05 Sun-Mon 1:15-6:30 Wed 1:15-6:30

Varsity
55 Bloor St. W., 416-961-6304

Allied Fri 1:10-4-6:50-9:50 Sat-Sun 10:25-1:05-3:55-6:40-9:40 Mon 1-3:50-6:40-9:50 Tue 1:10-4-6:50-9:50 Wed-Thu 1-3:50-6:40-9:50 **Doctor Strange** 3D Fri 1-3:40-7-9:50 Sat-Sun 11-1:40-4:30-7:30-10:30 Mon 1:25-4-7-9:40 Tue 1-3:40-7-9:50 Wed-Thu 1:25-4-7-9:40 **Fantastic Beasts** Fri 12:40-3:50-6:40-9:40 Sat-Sun 10:30-1:10-4:10-7:10-10:10 Mon 12:50-3:50-6:50-9:40 Tue 12:40-3:50-6:40-9:40 Wed-Thu 12:50-3:50-6:50-9:40; 3D Fri-Thu 1-4-7-10 **Loving** Fri 12:20-3:20-6:30-9:30 Sat-Sun 12:20-3:20-6:30-9:20 Mon 12:25-3:20-6:30-9:30 Tue 12:20-3:20-6:30-9:30 Wed-Thu 12:25-3:20-6:30-9:30 **Manchester by the Sea** Fri 12:10-1:15-3:10-4:10-6:10-7:10-9:15-10:10 Sat-Sun 10:20-12:10-1:30-3:10-4:30-6:10-7:30-9:15-10:30 Mon 12:15-1:20-3:10-4:20-6:10-7:20-9:15-10:15 Tue 12:10-1:15-3:10-4:10-6:10-7:10-9:15-10:10 Wed-Thu 12:15-1:20-3:10-4:20-6:10-7:20-9:15-10:15 Fri-Sun 12:30-3:30-6:30-9:30 Mon 12:40-3:30-6:30-9:30 Tue 12:30-3:30-6:30-9:30 Wed-Thu 12:40-3:30-6:30-9:30 **Moonlight** Fri 12:45-3:30-6-9:05 Sat-Sun 10:30-12:55-3:35-6:20-9 Mon 12:40-3:35-6:20-9:05 Tue 12:45-3:30-6-9:05 Wed-Thu 12:40-3:35-6:20-9:05 Fri 12:15-3-6-9 Sat-Sun 12-3-6-9 Mon 12:20-3-6-9 Tue 12:15-3-6-9 Wed-Thu 12:20-3-6-9 **Nocturnal Animals** Fri 1:30-4:25-7:25-10:25 Sat-Sun 10:35-1:20-4:20-7:20-10:25 Mon 1:10-4:10-7:10-10 Tue 1:30-4:25-7:25-10:25 Wed-Thu 1:10-4:10-7:10-10 Fri-Sun 1:30-4:30-7:30-10:30 Mon 1:30-4:30-7:30-10:20 Tue 1:30-4:30-7:30-10:30 Wed-Thu 1:30-4:30-7:30-10:20

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10 Dundas St 416-977-2642

Allied Fri 12:30-3:30-6:30-9:30 Sat-Sun 1-4-7-10-11:05 Mon-Thu 1-4-7-10 **Almost Christmas** Fri 5:35-8:15-10:50 Sat 4:15-7:15-10:05 Sun 4:15-7:15-10:45 Mon 10 Tue 7:20-10 Wed 7:30-10:10 Thu 7:20-10 **Arrival** Fri 1:40-4:30-7:30-10:30 Sat-Sun 1-4-7:30-10:30 Mon-Tue 1:45-4:45-7:30-10:30 Wed 1:45-7:30-10:30 Thu 4:45-7:30-10:30 Fri 12-2:45-10:05 Sat-Sun 12-2:45-5:30-8:20 Mon 12-2:45-5:40-8:40 Tue 12-9:40 Wed 2:45-5:40-8:40 Thu 12-2:45-5:40-8:40 Thu 2 **Billy Lynn's Long Halftime Walk** Fri 1:30-4:10-6:50-9:30 Sat-Sun 12:40-3:50-6:40-9:30 Mon-Thu 12:50-3:50-6:40-9:30 **Bolshoi Ballet: The Bright Stream** Sun 12:55 **Dear Zindagi** Fri 12:20-3:50-7:10-10:30 Sat-Sun 12:30-3:50-7:10-10:30 Mon-Thu 12:45-4:05-7-10:20 **Doctor Strange** Fri 4 Sat-Thu 3; 3D Fri-Sun 11:30-2:20-5:10-7:50-10:40 Mon-Thu 1:50-4:40-7:30-10:30 Fri 1-7:30-11 Sat-Thu 12-6-9 **Doctor Who: The Power of the Daleks** Wed 7 **The Edge of Seventeen** Fri-Sun 1:30-4:10-7-9:50 Mon 1:45-4:15-6:50-9:50 Tue 1:45-4:25-6:50-9:50 Wed 4:30-6:50-9:50 Thu 4:35-6:50-9:50 Thu 2 **Elle** Fri 1:50-4:50-7:50-10:50 Sat-Sun 10:50-1:50-4:50-7:50-10:50 Mon-Thu 1:30-4:30-7:30-10:30 **Fantastic Beasts** Fri 12-3-6-9 Sat-Thu 12:30-3:30-6:30-9:30; 3D Fri 1:30-4:30-7:10:30 Sat-Thu 1:30-4:30-7:30-10:30 Fri-Sun 10:40-1:40-4:40-7:40-10:40 Mon-Thu 12:50-3:55-7-10:05; IMAX Fri-Sun 11-2-5-8-11 Mon-Thu 1:20-4:25-7:30-10:35 **The Girl on the Train** Fri-Sun 1:40-4:30-7:30-10:20 Mon-Thu 7:30-10:15 **I Am Not Madame Bovary** Fri 1:50-4:50-7:45-10:45 Sat-Sun 12:30-3:30-7-10 Mon-Thu 6:45-10 **Inferno** Fri 1:30-3:40-6:45-9:40 Sat-Sun 12:40-3:40-6:45-9:40 Mon-Thu 7:25-10:20 **London Road** Fri 3:35 Sun 10 Mon 4:20 Tue 2-6:20-8:30 Wed 10:15 Thu 4:30-10:15 **Don Giovanni** Sat 12 Mon 6:30 Wed 12:55 **Moana** Fri 3-5:10-7:40-10:20 Sat 11:15-12-2:40-5:20-8-10:30 Sun 11:15-12:35-3-5:40-8:20-9 Mon-Thu 2-4:40-6:40-9:30; 3D Fri 1:30-4:20-7:10-10 Sat-Sun 10:45-1:30-4:20-7:10-10 Mon 1:30-4:20-7:10-10 Tue 2:30-5:20-7:10-10 Wed-Thu 1:30-4:20-7:10-10 **Ouija: Origin of Evil** Fri-Sun 2-5-8-10:40 Mon-Thu 7:55-10:25 **Planes, Trains and Automobiles** Fri 1:30 Mon 2:15 Tue 4:15 Thu 2 **Rules Don't Apply** Fri 1:35-4:40-7:35-10:30 Sat-Sun 12:40-3:50-7:20-10:30 Mon-Thu 1:35-4:35-7:35-10:35 **Trolls** Fri-Sun 4:40; 3D Fri 2:10-7:10-9:40 Sat-Sun 11:45-2:10-7:10-9:40 Mon 7-9:20 Tue 8-10:20 Wed-Thu 7-9:20 **The Unseen** Sat 9:30

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Allied Fri 1:15-4:15-7:15-10:10 Sat 1:25-4:15-7:15-10:15 Sun 1:15-4:15-7:15-10:10 Mon 1:35-4:35-7-9:30 Tue 1:15-4:15-7:15-10:10 Wed 4-7:35-10:20 Thu 1:15-4:15-7:15-10:10 **Arrival** Fri 2:10-4:55-7:40-10:30 Sat 11:25-2:05-4:50-7:45-10:25 Sun 12:30-3:35-6:50-9:50 Mon 1:35-4:25-9:55 Tue 1:35-4:25-7:05-9:55 Wed 1:35-4:25-7:05-10:20 Thu 1:35-4:25-7:05-9:55 **Bad Santa 2** Fri 2:20-5-7:35-10:30 Sat 11:45-2:15-4:55-7:40-10:20 Sun 12:15-2:40-5-7:25-9:55 Mon-Thu 2:20-4:50-7:25-10:05 **Bolshoi Ballet: The Bright Stream** Sun 12:55 **Doctor Strange** Fri 4:25 Sat 4:40 Sun-Thu 4:25 Fri 3:30 Sat 3:35 Sun 3:25 Mon-Thu 3:30;3D Fri 1:35-7:10-10 Sat 11:20-2-7:25-10:10 Sun-Thu 1:35-7:10-10 Fri 6:40-10 Sat 12:20-6:45-10 Sun 12:20-6:35-9:45 Mon-Thu 6:40-9:45 **Doctor Who: The Power of the Daleks** Wed 7 **The Edge of Seventeen** Fri 2:40-5:15-7:50-10:20 Sat 2:30-5-7:30-10 Sun 5:20-7:50-10:20 Mon 1:15-3:45-7:35-10:15 Tue 2:40-5:15-7:50-10:20 Thu 2:40-5:10-7:50-10:20 **Fantastic Beasts** Fri 6:50-9:50 Sat 7:10-9:50 Sun 6:35-9:35 Mon 6:45-9:40 Tue 6:40-9:50 Wed 9:45 Thu 9:50 Fri 3:45-7:15-10:30 Sat 12:45-4-7:15-10:30 Sun 12:40-3:50-7-10:15 Mon-Thu 3:45-7:05-10:15 Fri 4:20 Sat 4 Sun 3:50 Mon-Thu 4:20; 3D Fri 3:15-6:15-9:30 Sat 12-3:10-6:15-9:30 Sun 12-3:05-6:10-9:25 Mon-Thu 3:15-6:10-9:15 Fri 1:25-7:20-10:25 Sat 12:45-7:20-10:30 Sun 12:45-7:05-10:05 Mon-Thu 1:25-7:20-10:20 **Home Alone** Sat 11 **Don Giovanni** Sat 12 Mon 6:30 Wed 12:55 **Moana** Fri 1:20-4:05 Sat 11-1:40-4:25 Sun 12:10-2:45-3:50 Mon 1:20-4:05 Tue 1:20-4 Wed 4-5-6:50-9:35 Thu 1:20-4; 3D Fri 2-4:45-7:30-10:15 Sat 11:40-5:05-7:50-10:30 Sun 1:30-4:20-7:20-10:15 Mon-Thu 2-4:45-7:30-10:15 **Trolls** Fri 4:30 Sat 4:10 Sun-Thu 4:30; 3D Fri 1:40-7-9:25 Sat 11:30-1:50-6:45-9:30 Sun 12-2:10-7-9:25 Mon 1:40-7 Tue-Thu 1:40-7-9:25

NORTH YORK

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Allied Fri 1:10-4:10-7:10-10:10 Sat 1:40-4:40-7:40-10:40 Sun 1:10-4:10-7:10-10:10 Mon-Thu 4:50-7:40-10:35 **Arrival** Fri 12:30-3:40-6:50-9:45 Sat 1-3:55-6:50-9:45 Sun 3:50-6:50-9:45 Mon 10:20 Tue 4:30-7:30-10:20 Wed-Thu 4:30-10:20 **Billy Lynn's Long Halftime Walk** Fri-Sun 10:10 Mon-Thu 10:30 **Bolshoi Ballet: The Bright Stream** Sun 12:55 **Doctor Strange** Fri 12:50-4:30 Sat 11:50-4:40 Sun 12:40-4:30 Mon-Thu 3:40; 3D Fri-Sun 7:50-10:40 Mon 7:30-10:15 Tue-Thu 6:50-10:10 **Doctor Who: The Power of the Daleks** Wed 7 **Fantastic Beasts** Fri-Sat 3:50 Sun 3:40 Mon 3:30 Tue-Thu 3:40; 3D Fri 12:40-7-10:05 Sat 12:45-7-10:05 Sun 12:30-7-10:05 Mon-Thu 6:40-9:40; IMAX Fri 1:20-4:20-7:30-10:35 Sat 1:10-4:20-7:30-10:35 Sun 1:20-4:20-7:30-10:35 Mon-Tue 4-7:10-10:10 Wed-Thu 4:10-7:10-10:10 **Loving** Fri 12-3:20-6:30-9:30 Sat 11:15-3:20-6:30-9:30 Sun 12-3:20-6:30-9:30 Mon 4:10-7:20 Tue 4:10-7:20-10:15 Wed-Thu 3:55-7:30-10:15 **Don Giovanni** Sat 12 Mon 6:30 **Moana** Fri 5:15 Sat 11-4:30 Sun 5:15 Mon-Thu 4:20; 3D Fri 11:45-2:30-8-10:45 Sat 1:30-8-10:45 Sun 11:45-2:30-8-10:45 Mon-Thu 7:40-10:25 **Rules Don't Apply** Fri 1-4-7:20-10:25 Sat 12:50-4-7:20-10:25 Sun 1-4-7:20-10:25 Mon-Tue 3:55-7-10 Wed-Thu 4-7-10 **Trolls** Fri 12:10-2:45-5:05 Sat 2:35-5:05 Sun 12:10-2:45-5:05 Mon 4:30 Tue-Thu 4:40; 3D Fri-Sun 7:40 Tue-Thu 8 **Vanishing Time: A Boy Who Returned** Fri 12:20-3:30-6:40-9:50 Sat 11:25-3:30-6:40-9:50 Sun 12:20-3:30-6:40-9:50 Mon 3:50-6:50-9:50 Tue-Thu 3:30-6:30-9:50

SilverCity Yorkdale 6
3401 Dufferin St., 416-444-3456

Allied Fri-Sun 1-4-7:20-10:20 Mon-Thu 1-4-7-10 Arrival Fri-Sun 1:30-4:10-6:50-9:40 Mon-Thu 1:30-4:10-6:50-9:30 **Bad Santa 2** Fri-Sun 12:15-2:45-5:20-7:50-10:25 Mon-Thu 2-4:50-7:40-10:10 **Doctor Strange** Fri-Sun 4:50 Mon-Thu 4:30; 3D Fri 2-7:40-10:30 Sat 11:15-2-7:40-10:30 Sun 2-7:40-10:30 Mon-Thu 1:20-7:10-10:05 **The Edge of Seventeen** Fri-Sun 1:45-4:30-7:10-10 Mon-Thu 1:50-4:30-7:10-9:50 **Fantastic Beasts** Fri-Sun 6:30-9:30 Mon-Thu 6-9:10; 3D Fri-Sun 12:30-3:45-7-10:10 Mon-Thu 12:30-3:30-6:40-9:40 Fri-Sun 1:15-4:20-7:30-10:35 Mon-Thu 1:10-4:20-7:20-10:20 **Home Alone** Sat 11 **Moana** Fri-Sun 12:45-3:30 Mon-Thu 12:40-3:20; 3D Fri 11:45-2:30-5:15-8-10:45 Sat 11:30-2:20-5:10-8-10:45 Sun 11:45-2:30-5:15-8-10:45 Mon-Thu 1:40-4:40-7:30-10:15 **Trolls** Fri 3 Sat 4:40 Sun 3 Mon-Thu 3:40; 3D Fri 12-6:40-9:20 Sat 11:45-2:10-7:10-9:40 Sun 12-6:40-9:20 Mon-Thu 12:50-6:50-9:20

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Arrival Fri-Sun 2:35-5:25-8:10-11 Mon 2:05-4:55-7:40-10:30 Tue 2:35-5:25-8:10-11 Wed 4:55-10:30 Thu 2:05-4:55-7:40-10:30 Wed 1:30 **Bad Santa 2** Fri-Sun 11:15-1:55-4:10-6:25-8:40-11 Mon 1:30-3:40-5:55-8:10-10:30 Tue 11:15-1:55-4:10-6:25-8:40-11 Wed 1:40-4-8-10:30 Thu 1:30-3:40-5:55-8:10-10:30 **Doctor Strange** Fri-Sun 12-5:25 Mon 4:55 Tue 12-5:25 Wed-Thu 4:55; 3D Fri-Sun 2:40-8:10-10:55 Mon 2:10-7:40-10:25 Tue 2:40-8:10-10:55 Wed-Thu 2:10-7:40-10:25 **Doctor Who: The Power of the Daleks** Wed 7 **The Edge of Seventeen** Fri-Sun 3-5:30-8-10:50 Mon 2:30-5-7:30-10:20 Tue 3-5:30-8-10:50 Wed 5-7:30-10:20 Thu 2:30-5-7:30-10:20 Wed 1:30 **Fantastic Beasts** Fri-Sun 11-12-3:50 Mon 4 Tue 11-12-3:50 Wed-Thu 4; 3D Fri-Sun 12:40-7-10 Mon 7-10 Tue 12:40-7-10 Wed-Thu 7-10 Fri-Sun 1:20-4:25-7:30-10:35 Mon 1:30-4:30-7:30-10:30 Tue 1:20-4:25-7:30-10:35 Wed-Thu 1:30-4:30-7:30-10:30 **Home Alone** Sat 11 **Moana** Fri-Sun 11-12-4:30 Mon 4:15 Tue 11-12-4:30 Wed-Thu 4:15; 3D Fri-Sun 1:40-7:15-10 Mon 1:30-6:55-9:30 Tue 1:40-7:15-10 Wed-Thu 1:30-6:55-9:30 **Rules Don't Apply** Fri 11:10-2:05-4:55-7:50-11 Sat 2:05-4:55-7:50-11 Sun 11:10-2:05-4:55-7:50-11 Mon 1:35-4:25-7:20-10:30 Tue 11:10-2:05-4:55-7:50-11 Wed 1:30-4:25-7:20-10:30 Thu 1:35-4:25-7:20-10:30 **Trolls** Fri 11-3:55 Sat-Sun 11-4 Mon 4:25 Tue 11-3:50 Wed-Thu 4:25; 3D Fri 1:30-6:30-8:45 Sat-Sun 1:30-6:30-8:45-11 Mon 1:45-6:45-9 Tue 1:30-6:30-8:45-11 Wed-Thu 1:45-6:45-9

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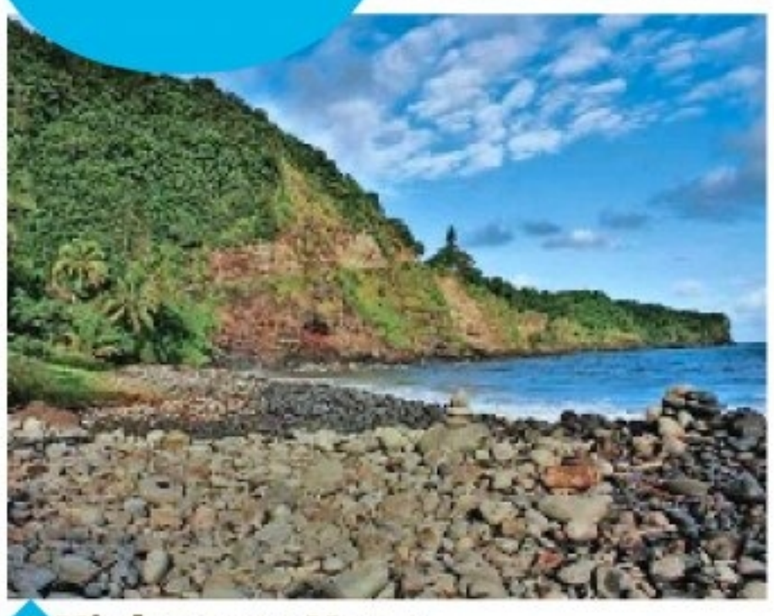
Jurassic World movie-related exhibit comes alive in Philadelphia

5 AMAZING EXPERIENCES IN MAUI

From taking in coastal views to perfecting your 'moon walk' at sunset, this popular Hawaii destination has no shortage of amazing experiences. If you want to get the full Maui oh-wowee experience, check out these sweet island spots:

CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details: roadtohana.com**

2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this other-worldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details: gohawaii.com**

3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At $58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details: mamasfishhouse.com**

4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details: hawaiianpaddlesports.com**

5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details: mauitropicalplantation.com**

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metro SPORTS

"It's unbelievable, actually": LeBron James digs LeBron: The Musical, the recently released Internet video modelled after Hamilton: The Musical

Redblacks hope this 'dog has its championship day

GREY CUP 2016

Long odds in Sunday's game don't concern Ottawa

The upcoming Grey Cup game between the Calgary Stampeders and Ottawa Redblacks appears to be a mismatch on paper.

Calgary had 15 victories in the regular season while Ottawa had just eight. The Stampeders led all CFL teams with 586 points while the Redblacks allowed more points than they scored.

Oddsmakers initially installed Calgary as a nine-point favourite. That number has already hit double digits at some sports books and could rise even more before kickoff.

Few football observers are giving Ottawa much of a chance on Sunday evening at Toronto's BMO Field. That's just how Redblacks defensive back Abdul Kanneh likes it.

"We're not worried about the doubters," Kanneh said Thursday. "There have been doubters all year. That's what we like. We like doubters, we like being the underdogs. We like being in that position. That way when we do beat people, we just have more people on the bandwagon."

Redblacks defensive back Abdul Kanneh hams it up for the cameras in Toronto on Thursday.
NATHAN DENETTE/THE CANADIAN PRESS

The powerhouse West Division had four teams finish the regular season with better records than Ottawa's middling 8-9-1 mark. The Redblacks still earned the first seed in the East and beat Edmonton 35-23 in the division final.

Calgary, meanwhile, showed no rust in the West final. The Stampeders, who entered with a 15-2-1 mark, crushed the B.C. Lions 42-15.

9

The Redblacks opened as nine-point underdogs.

Redblacks offensive line coach Bryan Chiu knows firsthand that the slate is wiped clean for the championship game. He played for the Montreal team that entered the 2000 Grey Cup as a heavy favourite but lost to a B.C. squad that won just eight games in the regular season.

"The one thing I can tell you about Grey Cup is it's not a best-of-seven, it's one game," Chiu said. "The ball is not round. You've got funny bounces. It's the ultimate equalizer in championship games. The team that has the most discipline and protects the football is usually the team that comes out on top.

"We're both here for a reason. I think both teams deserve to be here. But at the end of the day, the team that plays complete and with discipline is going to win it."

Kanneh feels regular-season marks don't mean a thing at this point. Only two clubs remain in the post-season picture and both have an equal shot at the big prize.

"It's playoffs, it's win or go home," he said. "So you could be 13-and-0, you could be 21-and-0, you could be 100-and-0 or you could be 2-and-11. If you make it here, you make it here. There's a reason why you made it here.

"So it's all about that next game. Whatever you did in the past don't matter no more." THE CANADIAN PRESS

> **We're not scared of nothing. Bring on anybody and we're ready to go.**
> Abdul Kanneh

MLS

TFC gives the Big O grade of F

A raw red patch on forward Tosaint Ricketts' left leg served as an ugly reminder of the subpar Olympic Stadium artificial turf. Goalkeeper Clint Irwin was still moving a tad gingerly.

Still Toronto FC was glad to be home after dodging a bullet Tuesday night in Game 1 of the MLS Eastern Conference final against the Montreal Impact. Toronto lost 3-2 but two late, away goals mean it can advance to the MLS Cup final with the slimmest of wins in the return leg Wednesday at BMO Field.

"We feel fortunate, but we also feel good about the fact that we kept grinding and we kept working at it," Toronto coach Greg Vanney said Thursday. "We knew that one goal at a time could get ourselves back into it."

Greg Vanney
MLS

While both teams had to deal with the turf — and the botched penalty box lines that had to be redone, delaying kickoff by 40 minutes — Toronto was clearly still aggrieved at the game conditions.

Vanney called the artificial turf under the dome "the worst surface that I've seen in MLS by far over the course of the year." He also questioned the switch to Olympic from Saputo Stadium "for no particular reason other than to get a few more people into the stands."

"We shouldn't be changing venues two weeks before a game," he said.

The effects of playing on the hard surface were plain to see.

Irwin had a nasty welt on his back and was moving slowly after the game. Just putting on a sock seemed to take forever. Vanney said many of his players had to ice their feet after coming off the hard surface.

The Impact did apologize for the problems, Vanney said. "And we appreciate that." THE CANADIAN PRESS

> **It was a bit of a disaster.**
> Jozy Altidore

NFL

Lions beat Vikings on last-second kick

Matt Prater kicked a 40-yard field goal as time expired after Darius Slay returned an interception 13 yards with 30 seconds left, lifting the Detroit Lions to a 16-13 win over the Minnesota Vikings on Thursday and into sole possession of first place in the NFC North.

> **I felt pretty confident we were going to close the game out at the end.**
> Lions kicker Matt Prater

Detroit has been doing that a lot this season. The Lions (7-4) have won six of seven, including two against Minnesota this month, despite trailing in the fourth quarter of every game this season.

They extended their NFL record of having their first 11 games decided by seven or fewer points. THE ASSOCIATED PRESS

IN BRIEF

CFL nixes Pizza Pizza deal including Grey Cup tickets

A Pizza Pizza promotion offering Grey Cup tickets for a bargain price has been shut down by the CFL.

The walk-in special at 16 Hamilton-area Pizza Pizza outlets offered a pair of tickets as part of a $29.99 package that also included a large three-topping pizza, 10 chicken wings, four cans of pop and two dipping sauces.

Sunday's game at BMO Field had not sold out by Thursday. THE CANADIAN PRESS

NFL

Cowboys gobble up 10th straight win

Dak Prescott accounted for two touchdowns, fellow rookie Ezekiel Elliott ran for a pair of scores and the Dallas Cowboys extended their franchise regular-season record with a 10th straight victory, beating the Washington Redskins 31-26 on Thursday.

The Cowboys (10-1) won despite 449 yards passing and three touchdowns from Kirk Cousins, the first Redskins quarterback with two 400-yard games in a season. THE ASSOCIATED PRESS

The Cowboys' Ezekiel Elliott rushed for a pair of TDs Thursday in Arlington, Texas.
TOM PENNINGTON/GETTY IMAGES

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The great Dane between the pipes

HOCKEY

Andersen the first man from Denmark to tend goal in NHL

Frederik Andersen is a one of a kind in the National Hockey League. No goaltender in the history of the league had ever come from Denmark before the 27-year-old from Herning, a city of just under 50,000 people.

Andersen's previously uncharted path began on the pads of his father Ernst, a long-time goaltender in the top Danish league.

"I remember being in the locker-room when he's sitting pretty much like me here," Andersen said from his stall in the Toronto Maple Leafs dressing room, glancing happily into space as he recalled the image. "I would always try to sit on his pads or something like that."

But at that point, the NHL was literally a pipe dream for anyone who played hockey in Denmark.

Only five Danish players had even been drafted before Frans Nielsen, who became the first to crack the league in 2006. And so while Andersen may have watched Martin Brodeur, Dominik Hasek, Patrick Roy and Felix Potvin from afar growing up, no path yet existed for him to join them in the NHL. Even after he was drafted into the NHL (twice), Andersen still wondered if he'd end up in Sweden or some other league in Europe.

"No. No. No. Not at that time," Ernst Andersen said in a phone interview from Denmark when asked if he imagined his eldest child ever making the NHL. "It was not so easy to see that as a possibility."

Leafs goalie Frederik Andersen reaches for a loose puck against the Nashville Predators. THE CANADIAN PRESS/PETER POWER

The Andersens are a hockey-playing family from top to bottom, sort of like a Danish version of the Sutters.

Fredrick Andersen GETTY IMAGES

Frederik's brother, Sebastian, and sister, Amalie, both play defence, the former locally in Denmark, the latter in a women's league in Sweden. Frederik's mother, Charlotte, also played as did a pair of uncles and a cousin. But it started with Ernst, who spent almost two decades in the crease before becoming the national junior team's goaltending coach, a role he holds to this day.

Andersen was passed over twice in the NHL draft before he finally caught the attention of the Carolina Hurricanes in the last round in 2010. Looking at the club's depth chart, topped by Cam Ward, Andersen saw no realistic path to the NHL and never signed.

Another strong year for the Frederikshavn White Hawks in the Danish league was followed by a record-setting campaign in Sweden, one that saw Andersen break Henrik Lundqvist's Frolunda franchise record with eight shutouts.

Intrigued, the Anaheim Ducks scooped him up with the 87th pick in 2012 and though the Ducks had options in goal, Andersen quickly signed for two years. He became the first Danish goalie to ever play in the NHL on Oct. 20, 2013 appearing in relief of Jonas Hiller, fulfilling a reality never believed possible before in Denmark.

THE CANADIAN PRESS

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IN BRIEF

Inter eliminated with loss to Be'er Sheva in Israel

Inter Milan couldn't hold on to a two-goal lead against Israeli club Hapoel Be'er Sheva on Thursday, losing 3-2 and being eliminated from the Europa League with one round still to be played.

THE ASSOCIATED PRESS

I was 33 points behind and have almost turned it around.

Lewis Hamilton, who is trying to upset and beat teammate Nico Rosberg to the Formula title at the Abu Dhabi Grand Prix, the last race of the season. Rosberg has a 12-point lead and needs only a third-place finish to clinch even if Hamilton wins.

Gerrard bids adieu

SOCCER

One of era's top midfielders listens to body

After an illustrious playing career full of remarkable cup comebacks alongside jarring Premier League lows, Steven Gerrard is done.

The 36-year-old Gerrard, who won every major club honour with Liverpool apart from the English title, said Thursday he was retiring from soccer after an 18-year professional career.

"You are aware that time is coming towards the end, the body starts talking to you," the former England captain told British broadcaster BT. "The pains and the aches get more regular. The way you feel out there on the pitch changes."

Gerrard won admiration for staying loyal to his boyhood club and resisting the riches offered by Premier League rivals and only left Liverpool in 2015 to join the MLS's Los Angeles Galaxy.

Steven Gerrard GETTY IMAGES

There were frustrations during his long career, so often while captaining England at the 2010 and 2014 World Cups, and the 2012 European Championship. England didn't progress beyond the first knockout round in those three.

With Liverpool, Gerrard came agonizingly close in 2014 to landing the elusive Premier League title. Adding to the anguish, Gerrard's own slip against Chelsea contributed to a 2-0 loss that ended up costing Liverpool the title as Manchester City emerged victorious.

But there were so many moments that went Gerrard's way.

The biggest of them came in Istanbul in the 2005 Champions League final. Trailing 3-0 at half-time against AC Milan, Liverpool was facing humiliation until Gerrard scored to begin a comeback that culminated in the club's fifth European title — won on penalty kicks. THE ASSOCIATED PRESS

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RECIPE Nicoise Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta leans on ingredients you've got in your pantry.

Ready in 25 minutes
Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

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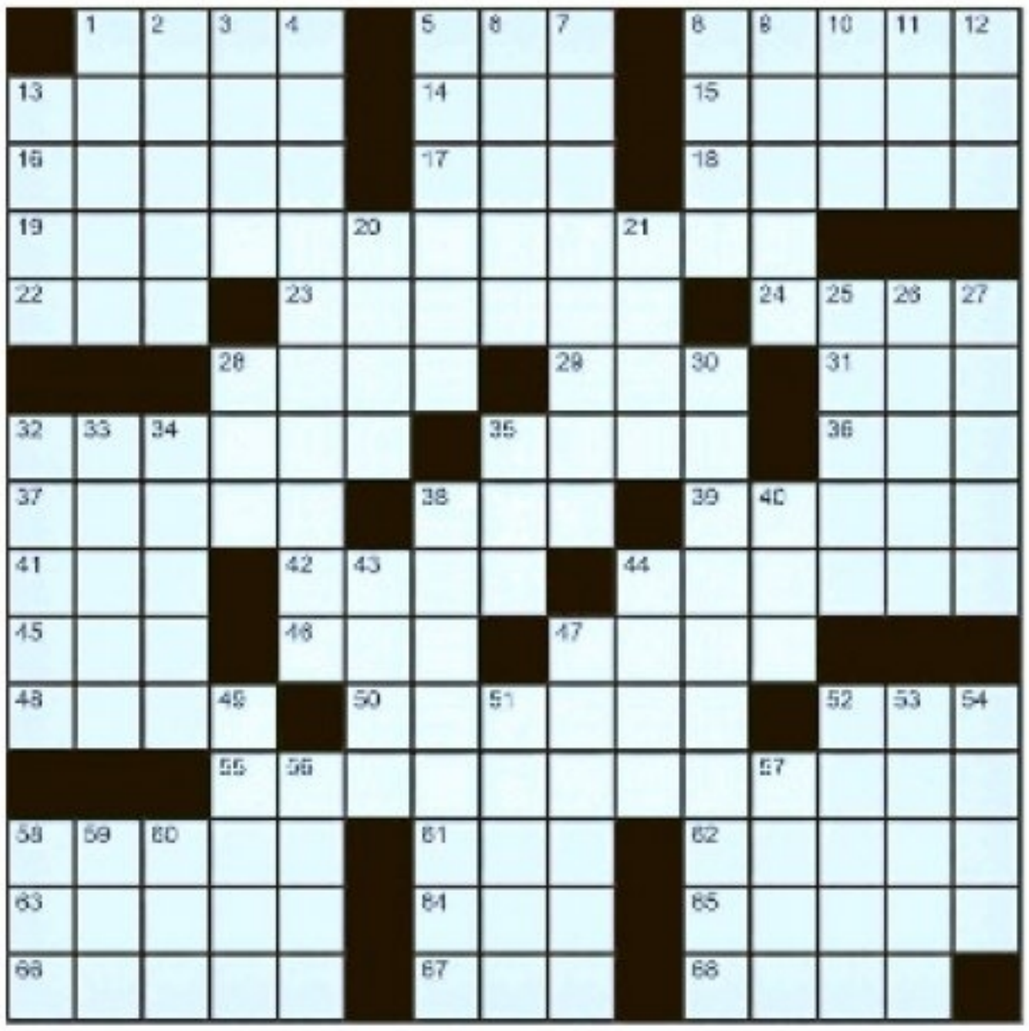
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pond organism
5. Economy stat.
8. "SCTV" character Ms. Prickley
13. Bunch of bees
14. hEARer
15. Ms. Osmond
16. "_, _!" (Laura Petrie's classic TV catchphrase)
17. Fish story
18. One saying "Eww, gross.", say
19. Celebrity chef on Food Network Canada (More at #4-Down!): 2 wds.
22. Archaic-style suffix
23. "_' Alive" by The Bee Gees
24. Morns-following times
28. Pre-1917 ruler
29. List stopper [abbr.]
31. Calif. NBA team
32. Towards the middle
35. Ship's figurehead site
36. Sleeveless desert-wear garment
37. Make corrections
38. _ Angeles
39. Esau's biblical twin
41. High card
42. Gem of Australia
44. Lizards like in GEICO commercials
45. Mr. Beatty
46. Curtains holder
47. Judy Garland's daughter Lorna
48. D'Urbervilles heroine
50. Blue Rodeo's "Til I Am _ Again"
52. Expanse
55. "Go out yonder, peace in the valley..." is how this Band song begins: 4 wds.
58. "Ditto over here!": 2 wds.
61. Vertical opposite [abbr.]
62. Valerie Harper sitcom in the 1970s
63. _ green
64. Traveller's lodging
65. "Egads!"
66. Did some office work
67. Zoologist's 'foot'
68. Suffix with 'Game'

DOWN
1. Not _ _ (Not at all)
2. Northwest Territories official tree, Tamarack _
3. David who played Joe Gerard on #62-Across
4. Prince Edward Island's resident Food _ (Honour/role for #19-Across)
5. Actress, Sarah Michelle _
6. Meadows flower
7. Provincial leaders
8. Eject, as energy, for example
9. Country house in Russia
10. Vex
11. Fasten
12. Feminine pronoun
13. Roughly
20. And others, commonly: 2 wds.
21. Van Morrison's "_ the Mystic"
25. Singer, Roberta _
26. No-no
27. _ of beef (Carnivorous portions)
28. _ can
30. Canadian historical/wartime artist, _._. _ (b.1869 - d.1951)
32. Stood for something in a statement
33. Host an event
34. "Mr. _ Goes to Town" (1936) starring Gary Cooper
35. Washington insider, wee-ly
38. Title for addressing a Peeress
40. Perform
43. Apple or pear, in botany
44. Swallow soundly
47. Studies
49. Cook's need
51. Gleamed
52. "_ on the Water" by Deep Purple
53. Downy duck
54. Santa _ (Hot winds)
56. Tilled
57. "_ _ the jackpot!!!"
58. Witty word
59. English cathedral city
60. Point

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

Taurus April 21 - May 21
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

Gemini May 22 - June 21
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

Cancer June 22 - July 23
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

Leo July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accidentprone day for you. You might blurt something out and later regret it, especially at work. Oops!

Virgo Aug. 24 - Sept. 23
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

Libra Sept. 24 - Oct. 23
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

Scorpio Oct. 24 - Nov. 22
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit..

Sagittarius Nov. 23 - Dec. 21
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

Capricorn Dec. 22 - Jan. 20
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

Aquarius Jan. 21 - Feb. 19
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

Pisces
Feb. 20 - March 20
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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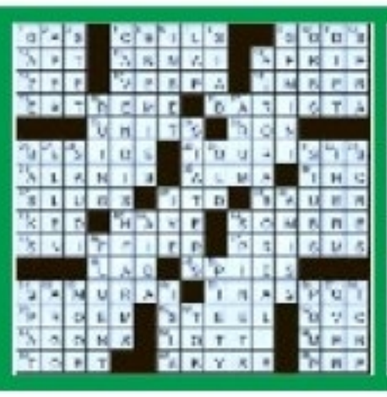

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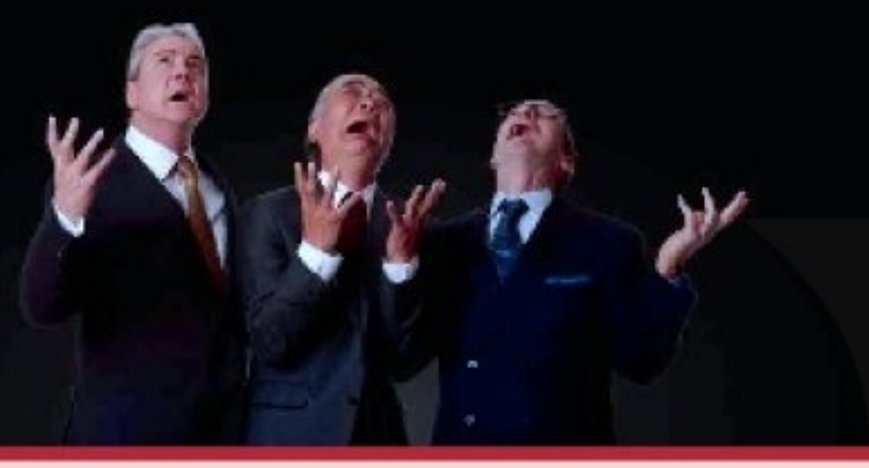

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Amount available on the 2017 Santa Fe Sport Ultimate

+

GET AN ADDITIONAL **$750** BLACK FRIDAY BONUS* ON ALL 2017 ELANTRA AND SANTA FE SPORT MODELS

THE ALL-NEW 2017 ELANTRA LE AUTO

Ultimate model shown♦

LEASE FOR ONLY **$45** WEEKLY | AT **0%** | FOR **36** MONTHS[◊] | WITH **$0** DOWN[◊]

INCLUDES A **$750** BLACK FRIDAY BONUS*

- 5-YEAR WARRANTY††
- AIR CONDITIONING
- AUTOMATIC TRANSMISSION
- HEATED FRONT SEATS
- HEATED POWER SIDE MIRRORS

2017 SANTA FE SPORT

Ultimate model shown♦

GET UP TO **$3,250** IN SALES TAX BREAK PRICE ADJUSTMENTS[Δ] | PLUS **0%** FINANCING | FOR UP TO **60** MONTHS[◊]

INCLUDES A **$750** BLACK FRIDAY BONUS*

- 5-YEAR WARRANTY††
- STANDARD HEATED FRONT SEATS
- AVAILABLE HEATED STEERING WHEEL
- AVAILABLE HEATED REAR SEATS
- AVAILABLE HEATED OUTSIDE MIRRORS WITH INTEGRATED LED TURN SIGNALS

WE'LL PAY YOUR SALES TAX ON MSRP OF REMAINING 2016 MODELS[Ω]

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty

5 YEAR WARRANTY

5-year/100,000 km Emission Warranty
5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to $499. Charges may vary by dealer.

visit HyundaiCanada.com

®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ΩSales Tax promotion price adjustments available on select 2016 models on cash and finance purchases only. Price adjustments are equivalent to the provincial sales and GST (as applicable) payable on the applicable MSRP only. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ΔSales tax break price adjustments of up to $1,950/$4,000/$3,250 available on 2017 Elantra LE Auto/2017 Santa Fe Sport Ultimate/2017 Santa Fe Sport 2.0T Limited models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. *Black Friday Bonus of up to $750 available on all new 2017 Elantra LE Auto/2017 Santa Fe Sport Limited, Ultimate models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ◊Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra LE Auto with an annual lease rate of 0%. Weekly lease payment of $45 for a 36-month walk-away lease. Down payment of $0 and first monthly payment required. Total lease obligation is $7,020. Lease offers include Delivery and Destination charges of $1,695, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of $0.12/km. †Finance offers available O.A.C. from Hyundai Financial Services based on the 2017 Santa Fe Sport 2.0T Limited models with an annual finance rate of 0%. Monthly payments are $680 for 60 months. $0 down payment required. Cash price is $39,327. Cost of borrowing is $0. Finance offers include Delivery and Destination charge of $1,895 levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ♦Prices of models shown: 2017 Elantra Ultimate/2017 Santa Fe Sport 2.0T Ultimate are $30,627/$46,627. Prices include Delivery and Destination charges of 1,695/$1,895, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩΔ* ◊†♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.